



Drug Abuse in Iowa

Evolving Issues & Emerging Trends

Iowa Office of Drug Control Policy
September 2016

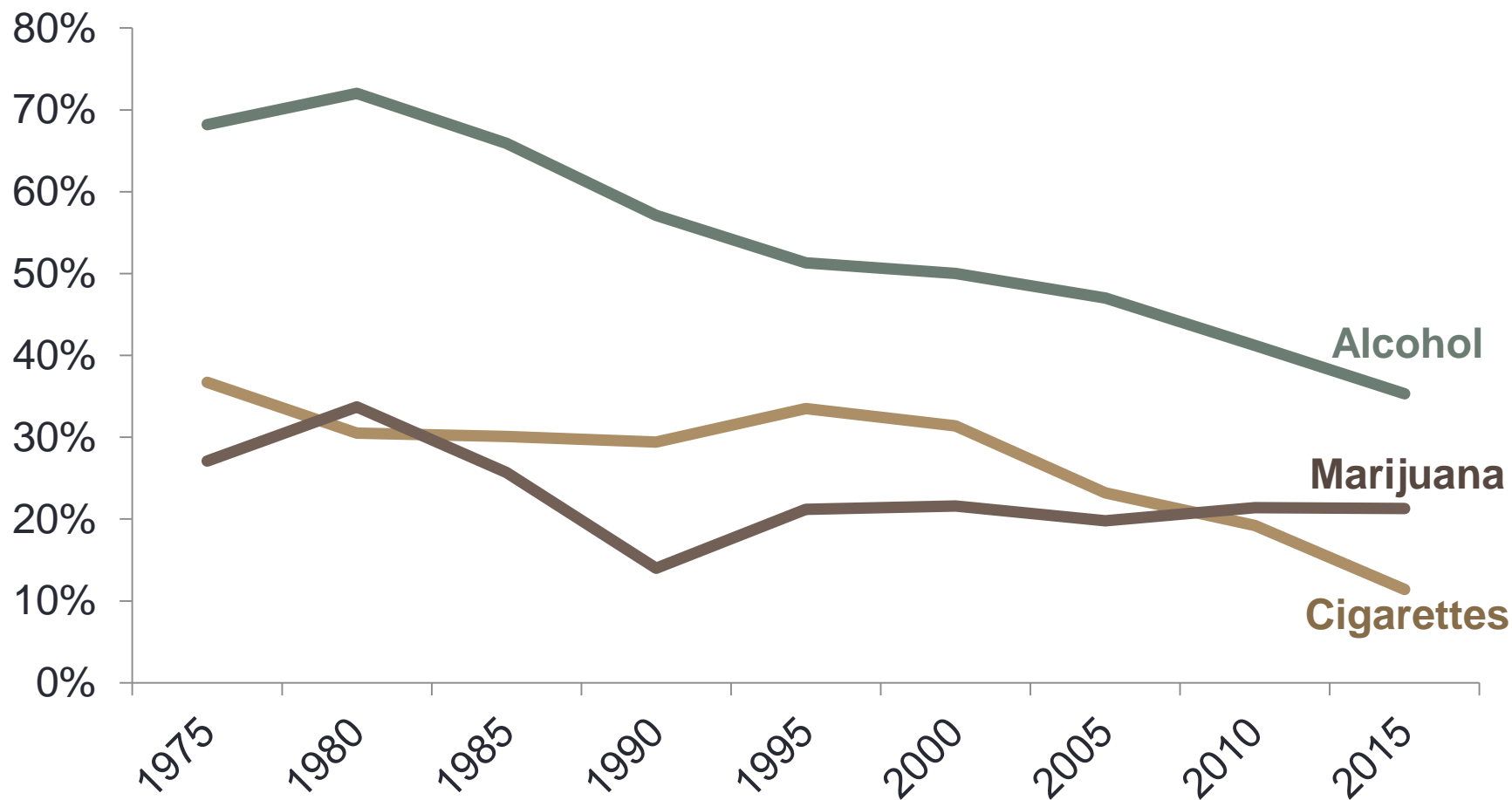
Rapid Changes + Mixed Messages = ???s

Evolving Risks involving Medicines, Synthetics, Marijuana, etc.

- What's new (what is it, what's in it, what's its effect)?
- Does it heal or hurt (medicine or menace)?
- Is it legal or illegal?
- What do we tell children (or anyone else) about it?
- How is it different now, compared to what I experienced?
- What do we know about it & when will we know more?
- What's next?

Youth Substance Use 40-Year Trends

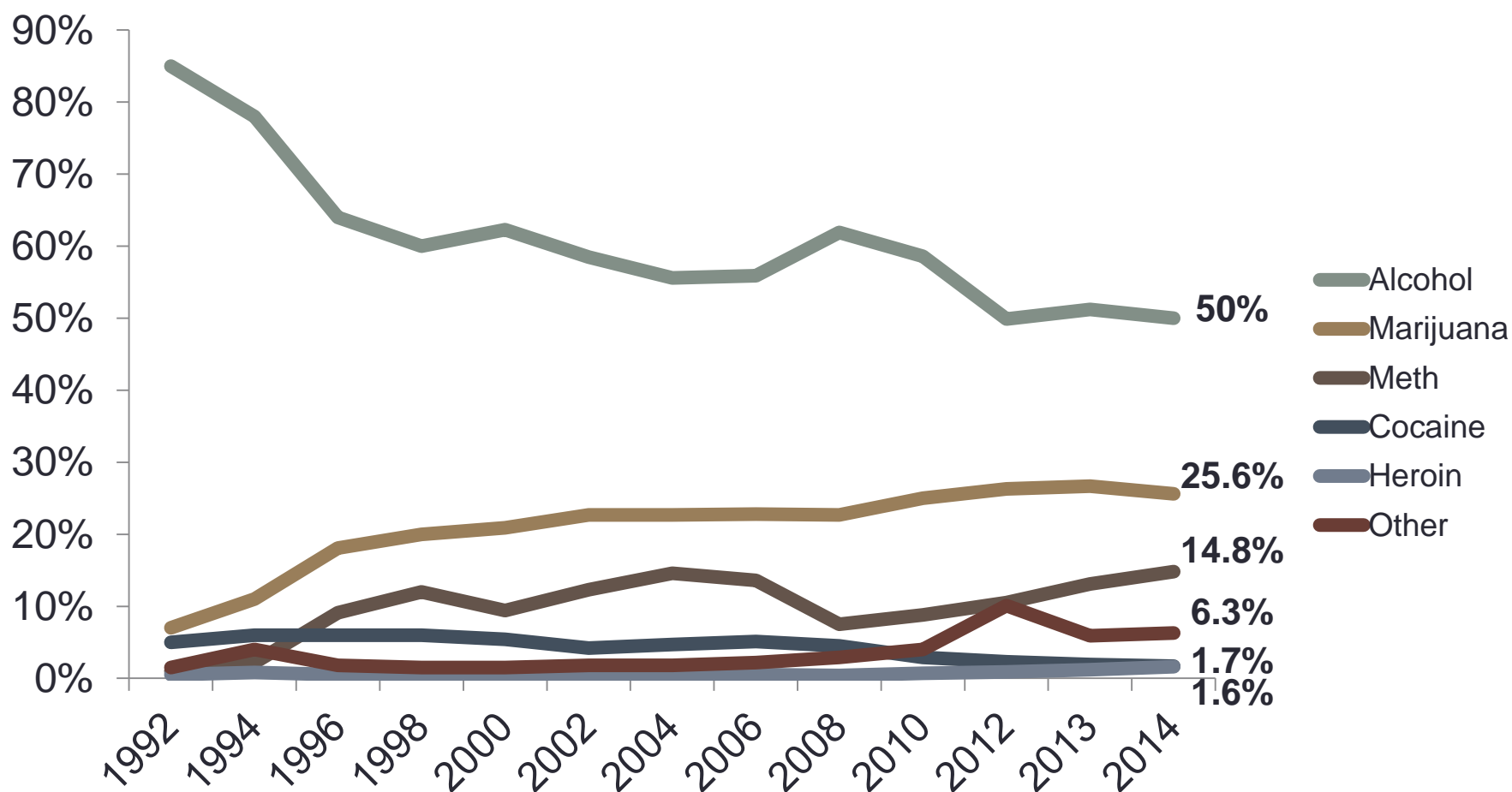
Current Use (past 30 days) Among U.S. 12th Graders



Monitoring the Future, 1975-2015

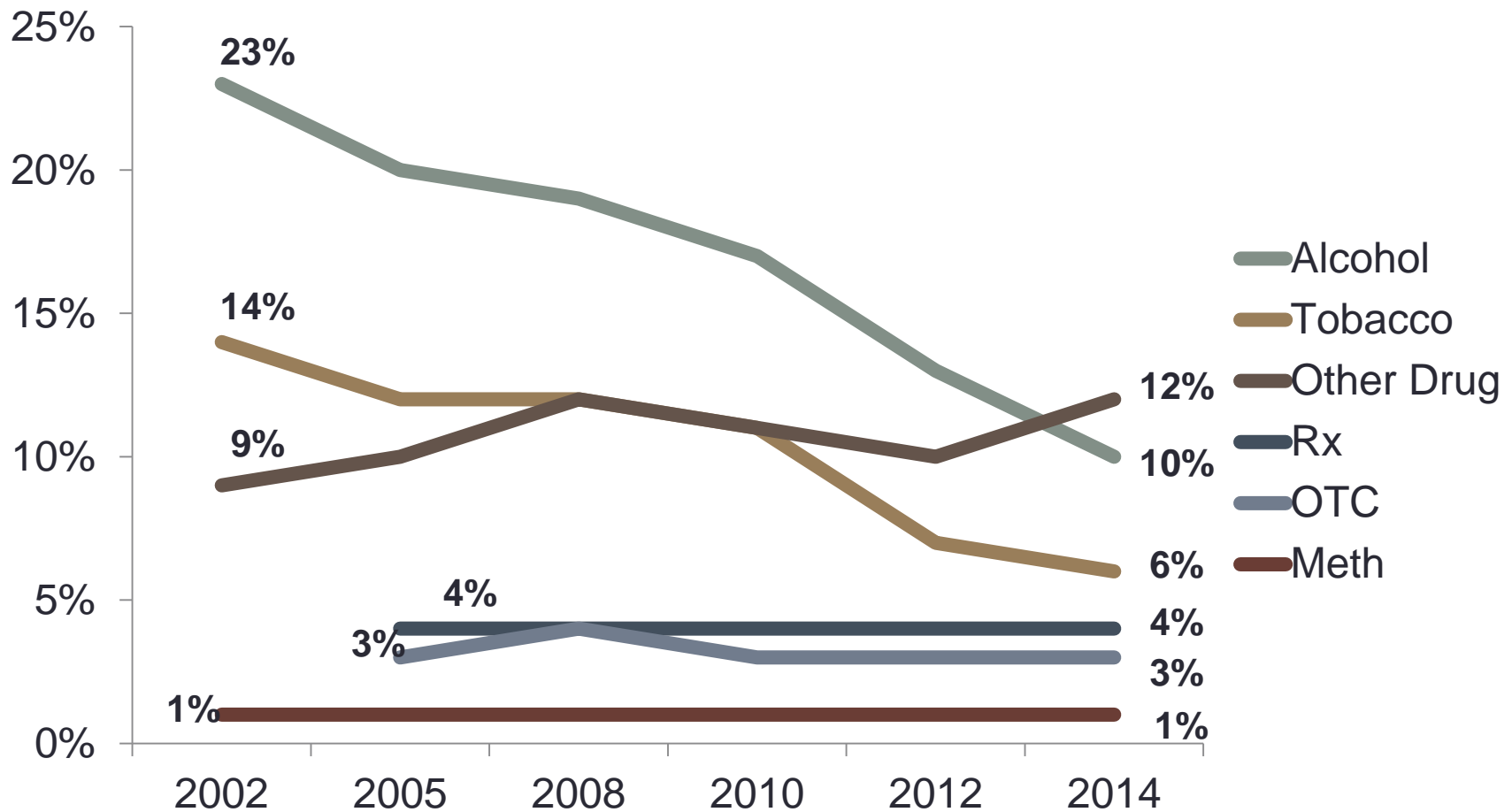
Drugs of Choice: All Iowans

Primary Substance of Choice by Iowans in Treatment



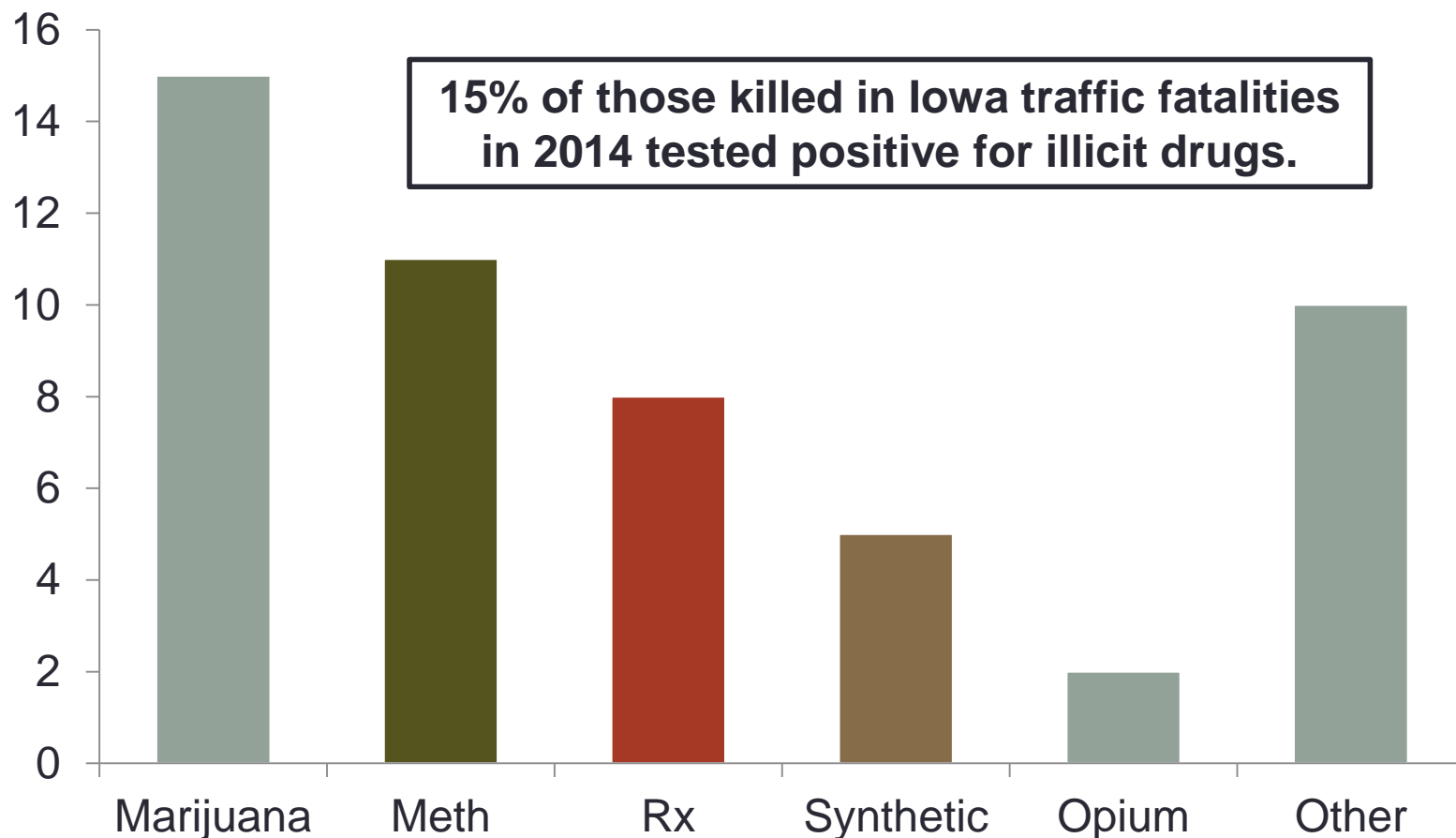
Iowa Youth Substance Abuse

6th, 8th and 11th Grade Users, Last 30-Days



Iowa Drug-Related Traffic Fatalities

Number Killed in 2014 Testing Positive for Illicit Drugs



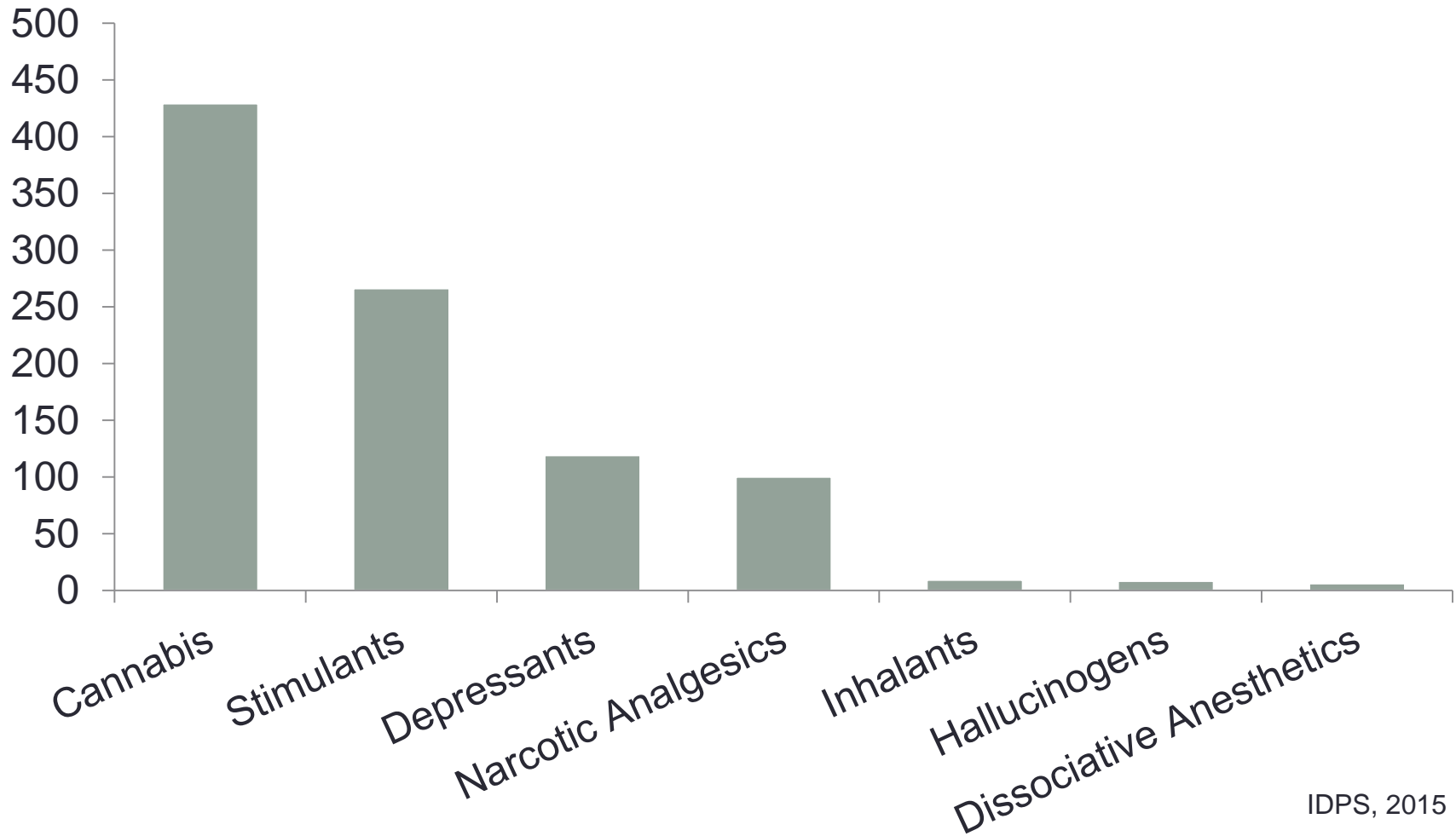
Does not include alcohol-related fatalities.

Alcohol & poly-drug combinations were detected in some crashes.

Source: IDOT, 2014

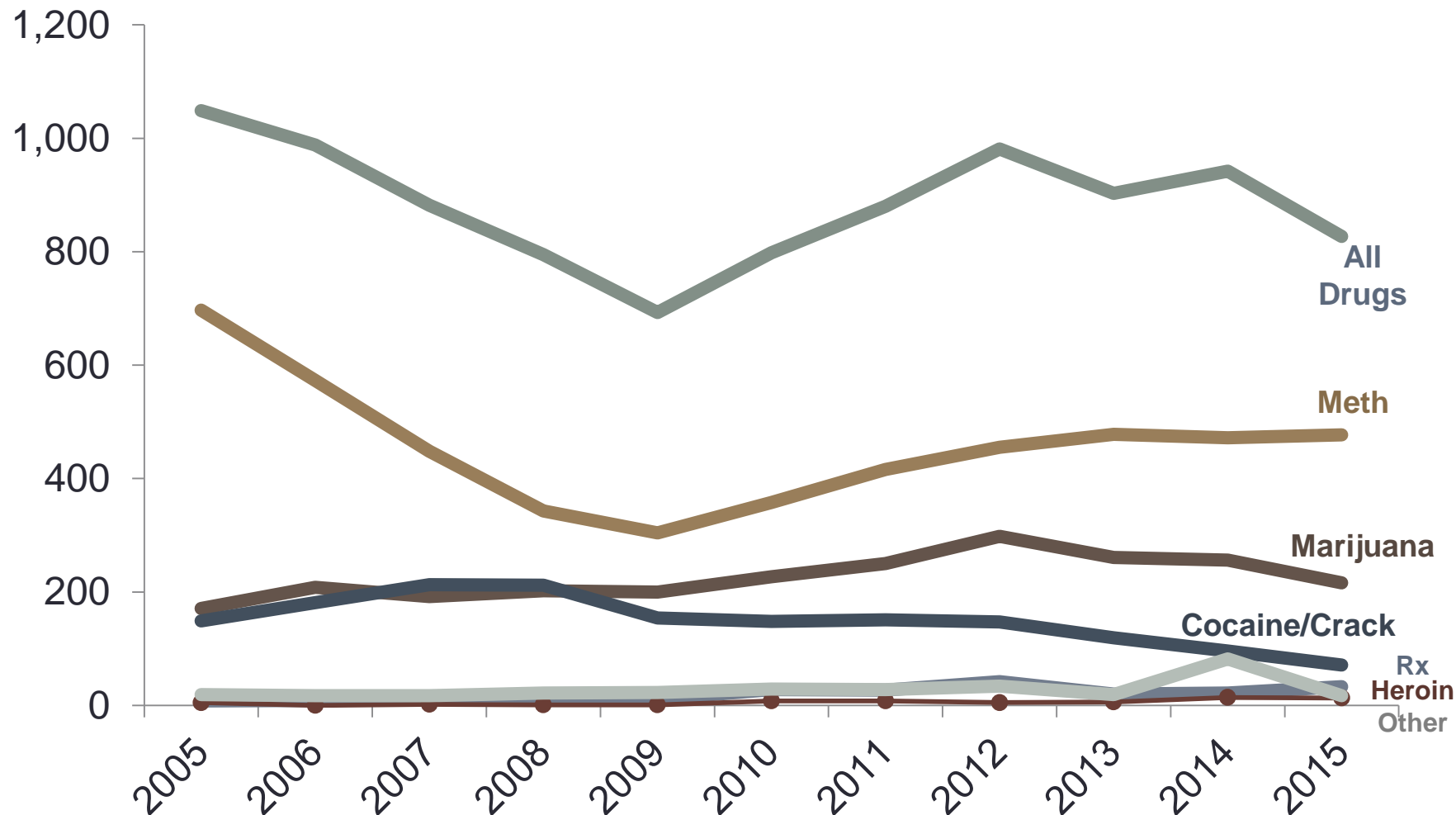
Iowa Drug-Impaired Driving

2015 Non-Alcohol Evaluation Findings by Drug Recognition Experts



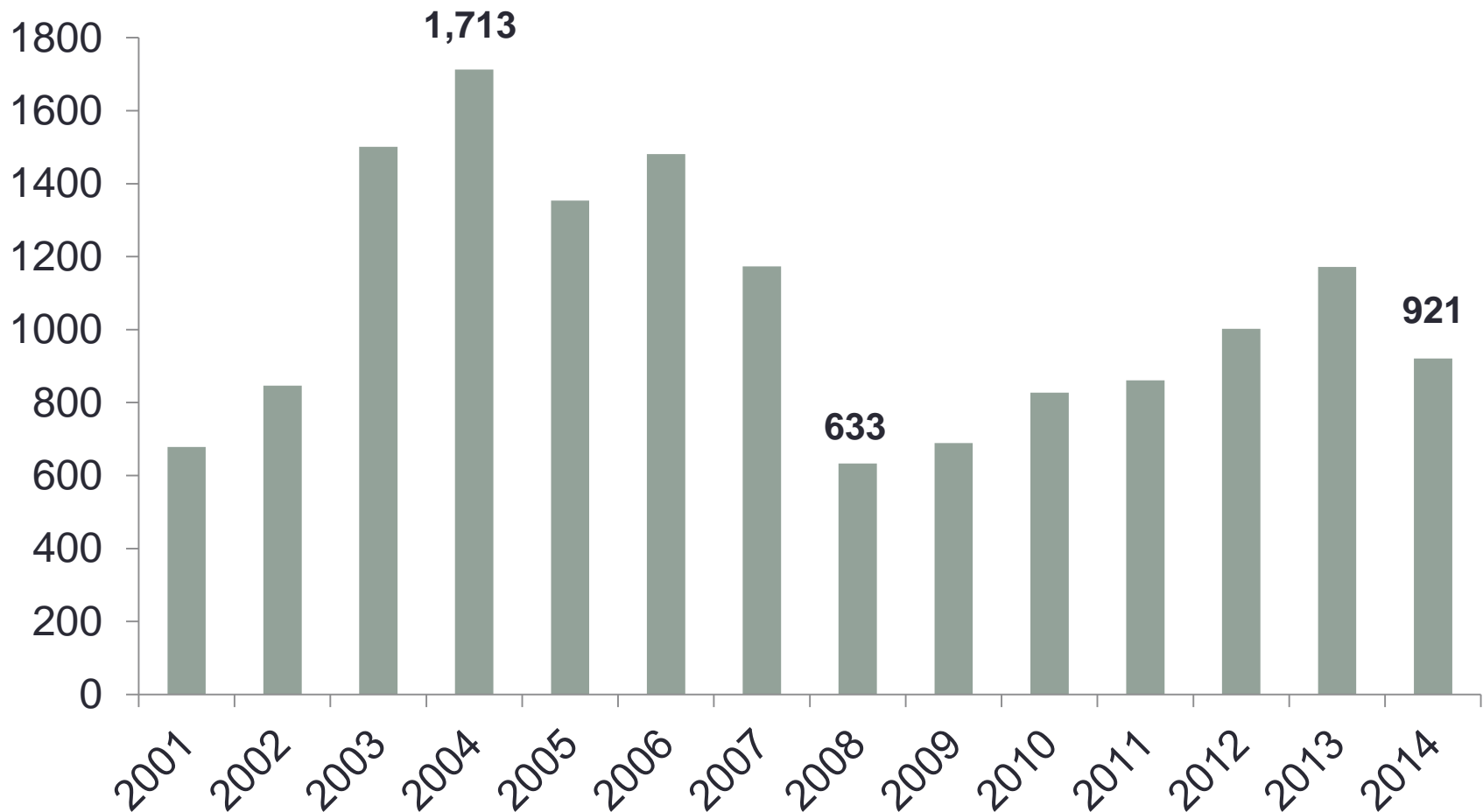
Iowa “Drug-Related” Prison Admissions

Primary Drug Involved



Iowa Drug-Related Child Abuse

Confirmed/Founded Cases: Illegal Drugs in a Child's Body



(Differential Response initiative began in 2014)

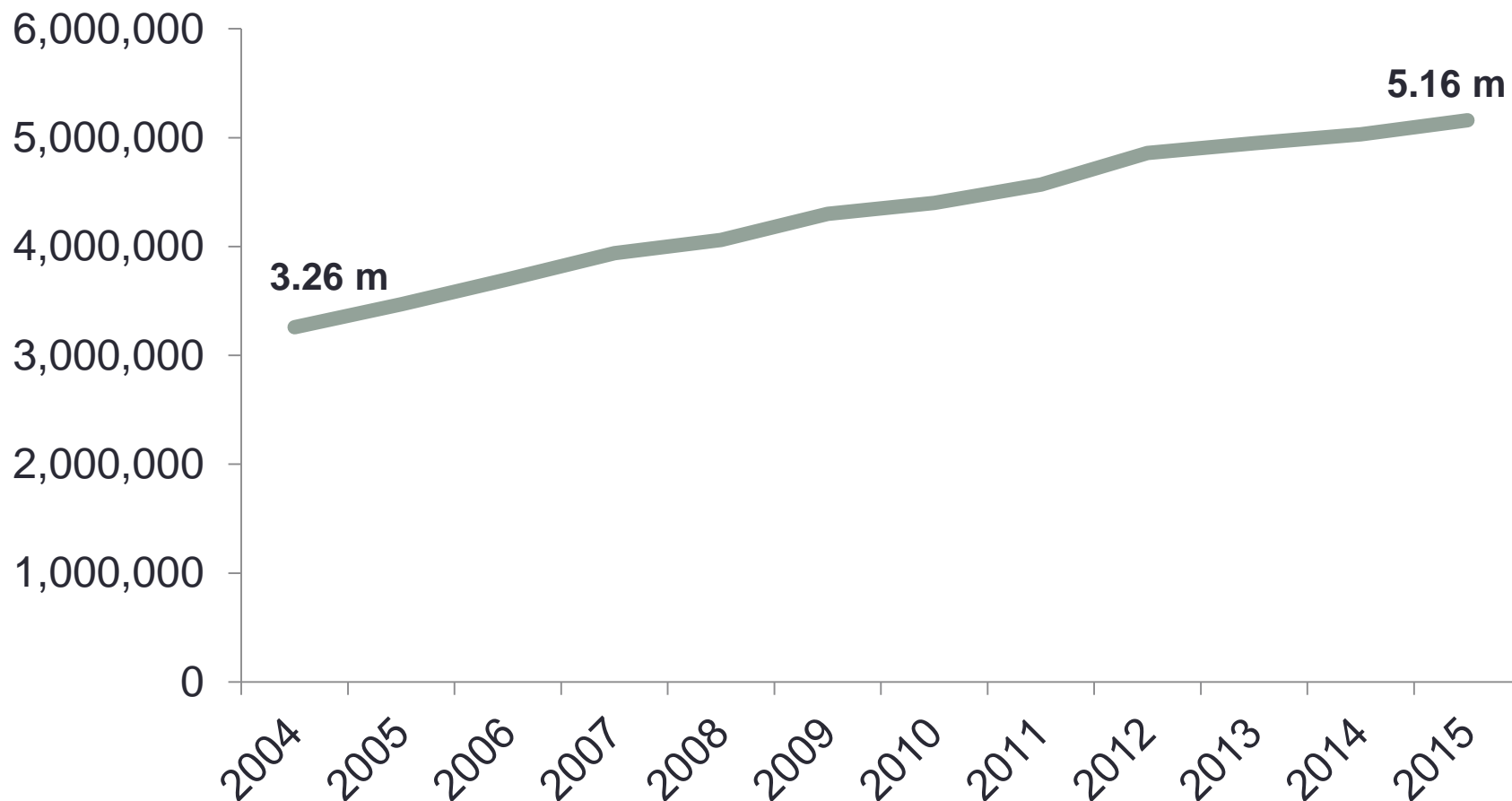
IDHS, 2015

Alcohol & Tobacco/Nicotine



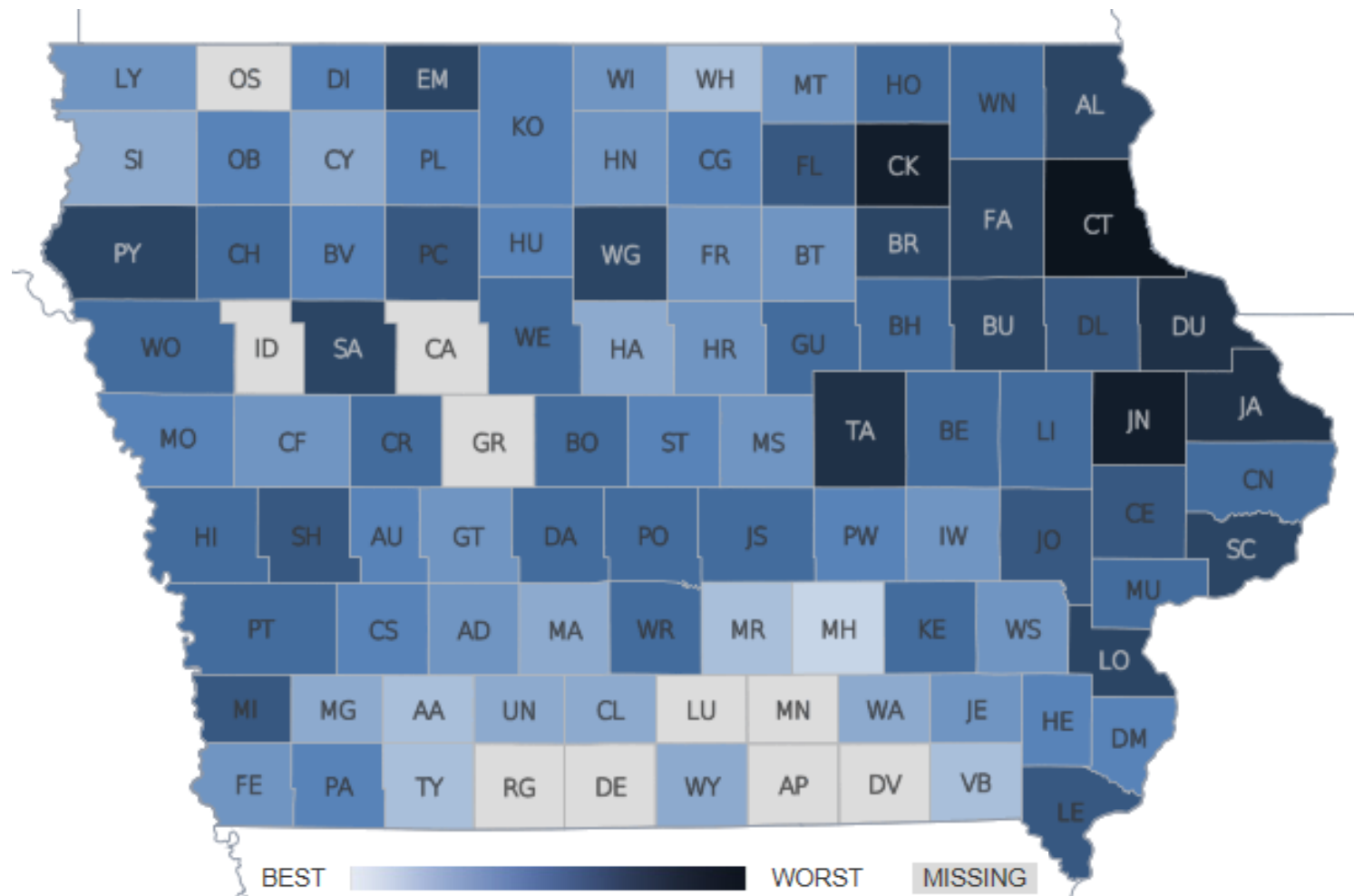
Iowa Annual Distilled Spirits Sales

Millions of Gallons Sold to Adults

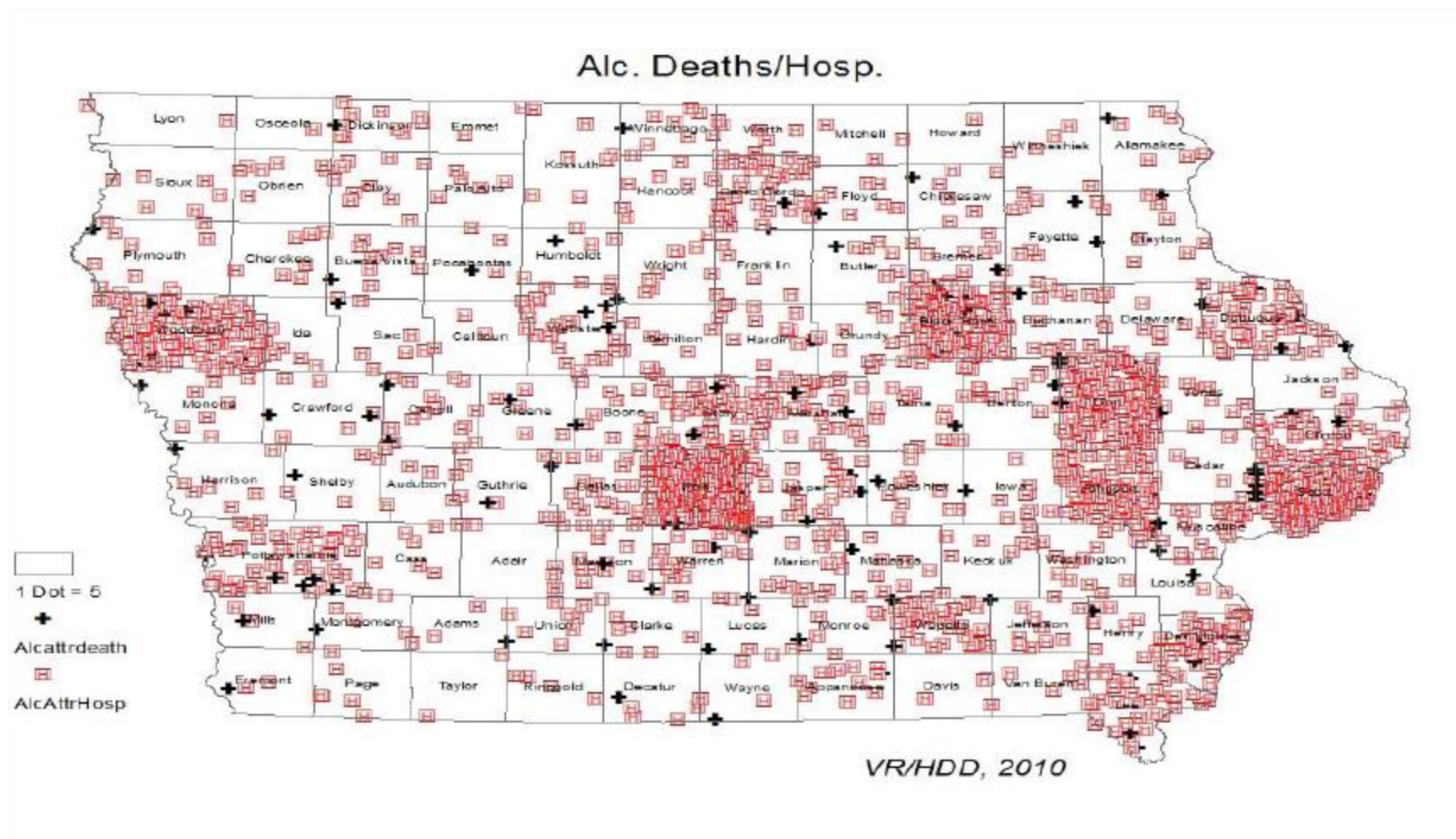


Excessive Drinking by Iowa Adults

Percentage of Heavy or Binge Drinking by County

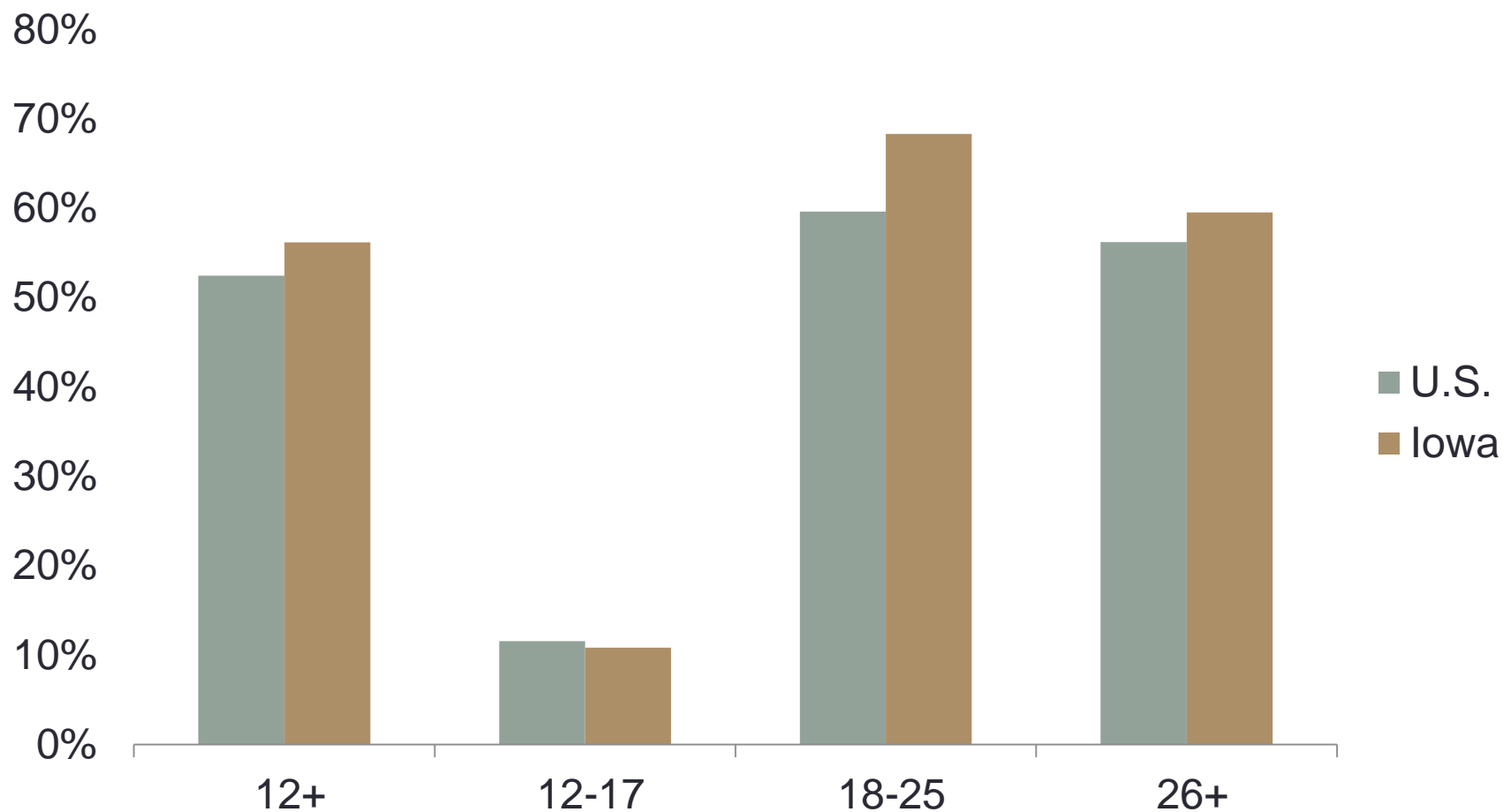


Iowa Alcohol-Attributed Deaths & Hospitalizations



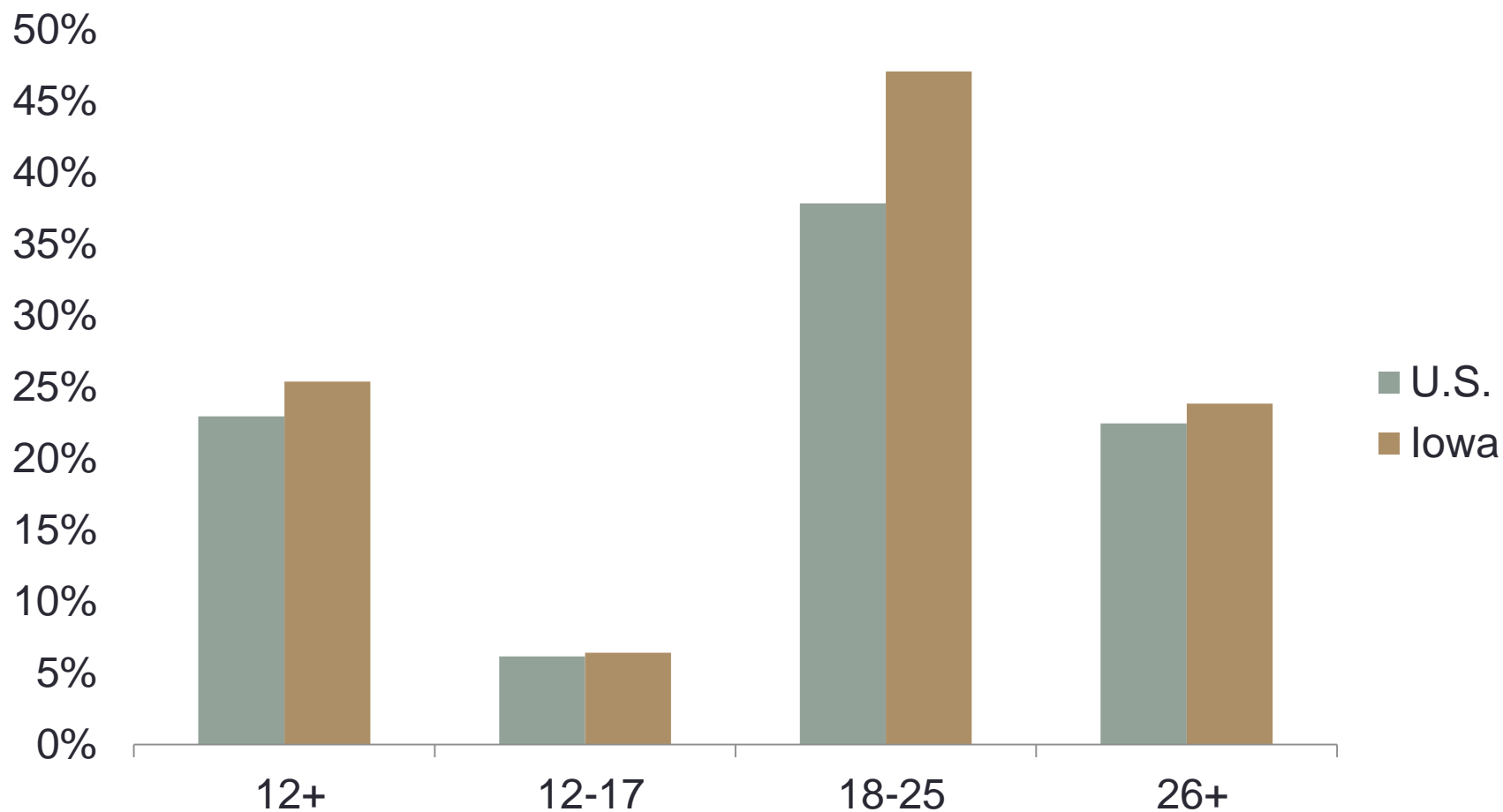
Current Alcohol Use

Last 30-Days



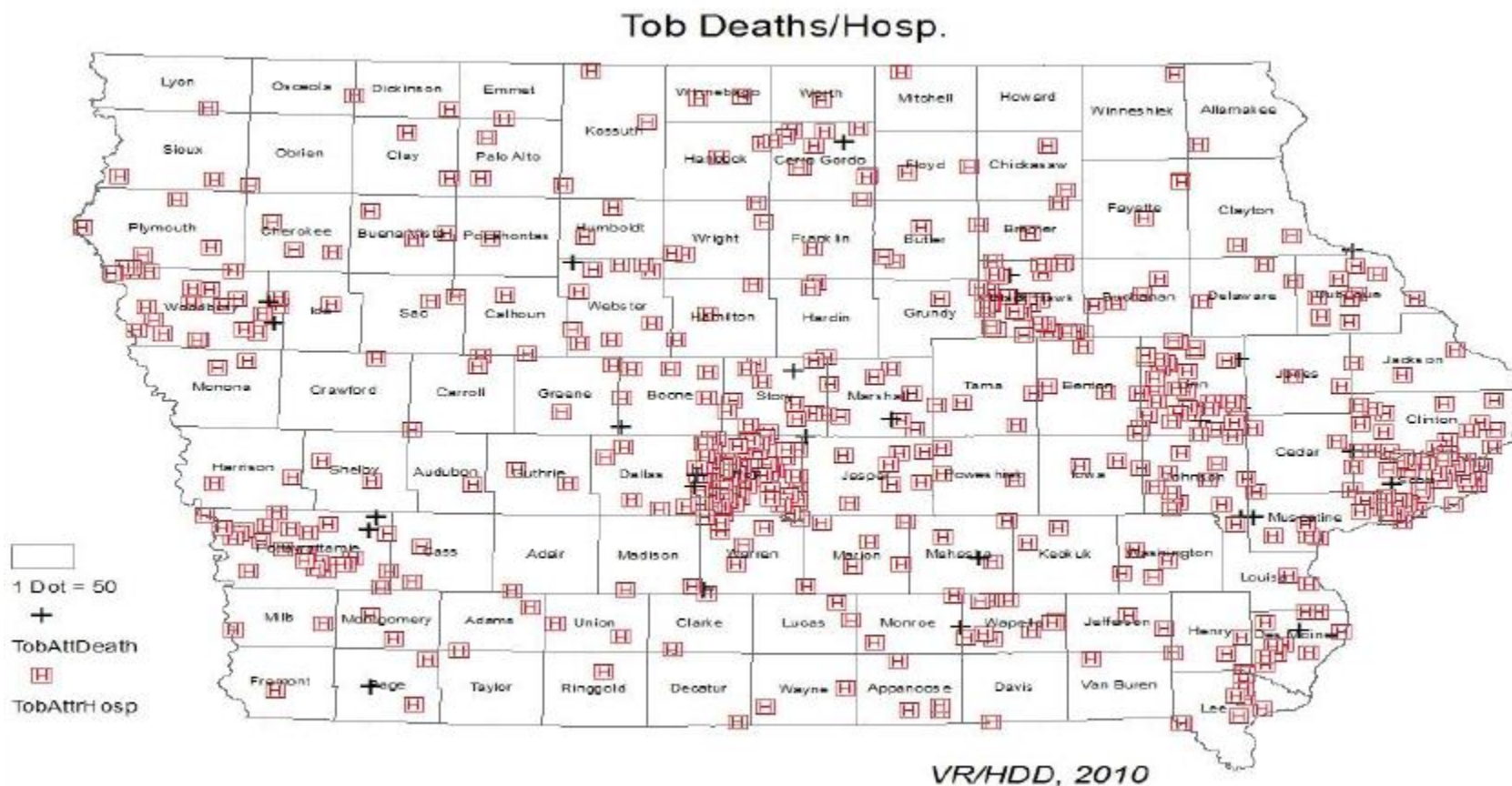
NSDUH, 2013/2014

Current Binge Drinking Last 30-Days



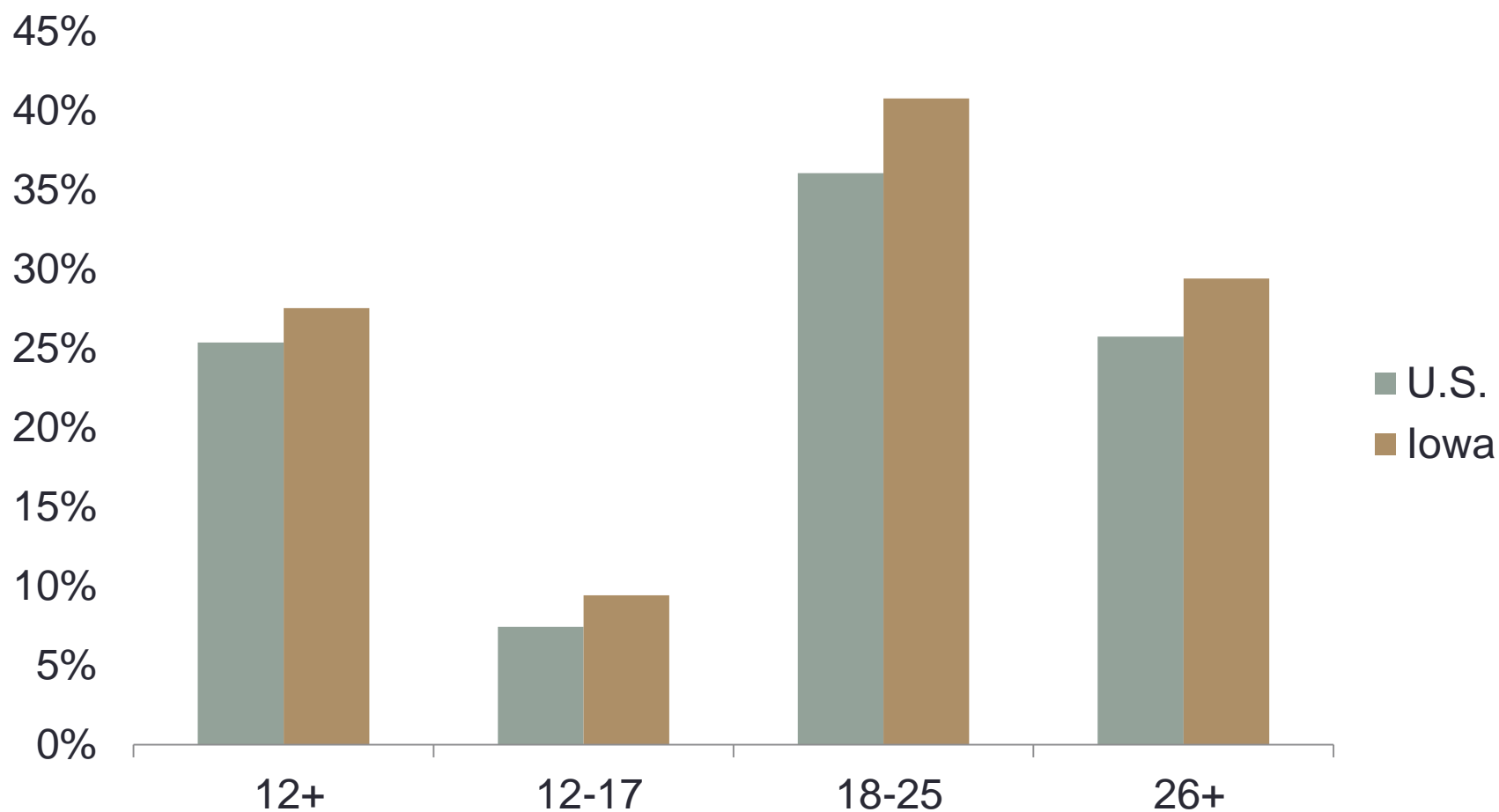
NSDUH, 2013/2014

Iowa Tobacco-Associated Deaths & Hospitalizations



Current Tobacco Use

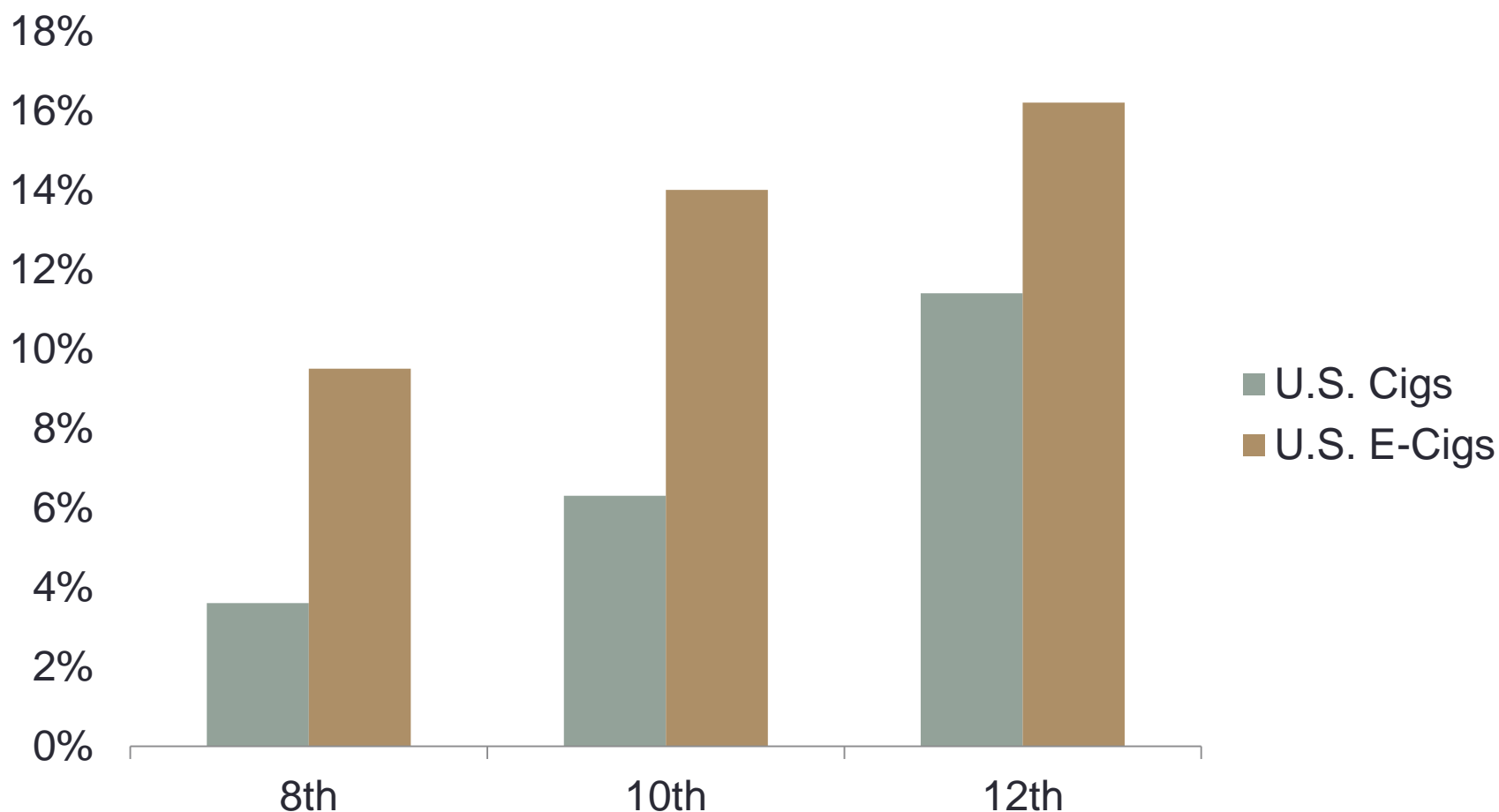
Last 30-Days



NSDUH, 2013/2014

U.S. Youth Cigarette vs. E-Cigarette Use

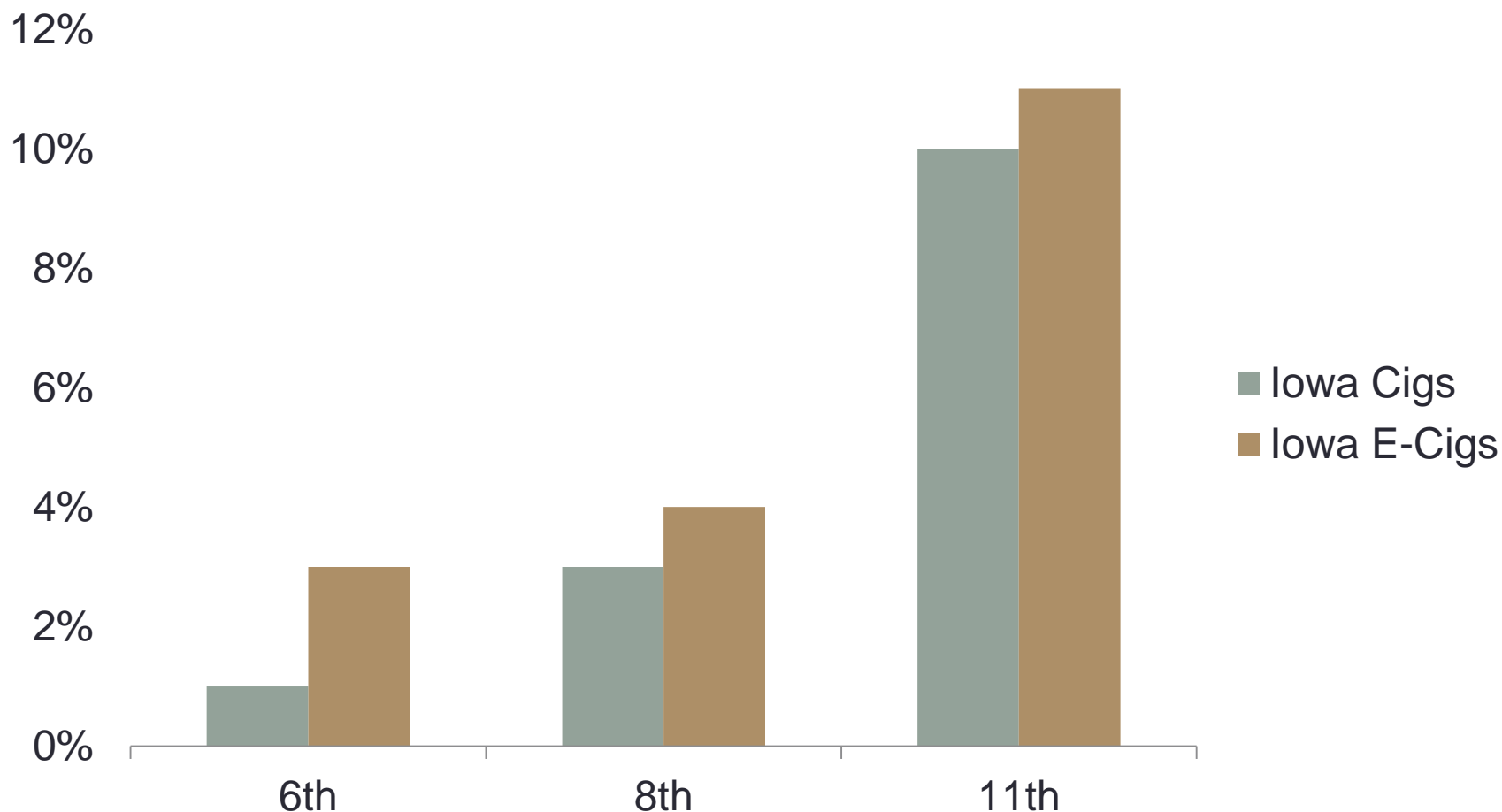
Last 30-Days



Monitoring the Future Survey 2015

Iowa Youth Cigarette vs. E-Cigarette Use

Last 30-Days



Marijuana



Marijuana/Cannabis a.k.a.

Then

- Weed
- Grass
- Pot
- Reefer
- Hash
- Hemp
- Joints
- Blunts
- Buds

Now

- Hash or Honey Oil
- Wax or Earwax
- Budder
- Crumble
- Shatter
- Black Glass
- Edibles
- Reggie
- Loud

Distinction with a Difference

Cannabis-Based Medicine:

Cannabis derivatives that test safe & effective as research-based medicines for use by health care professionals in treating patients with valid medical needs, & regulated to reduce public safety risks.

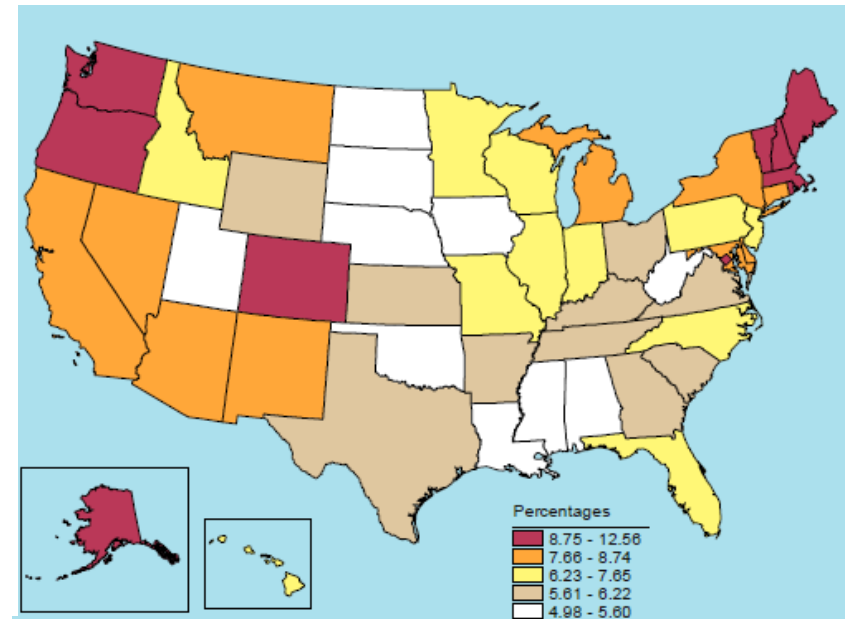
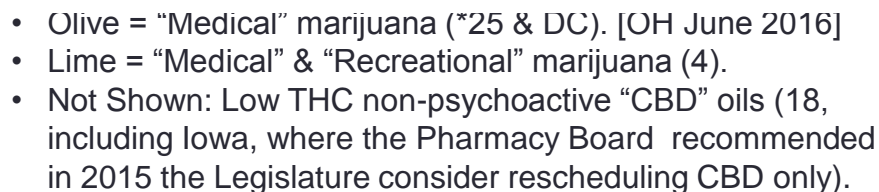
Medical Marijuana:

Differing forms of cannabis approved by legislative or popular vote in some states for treating various health conditions, with fewer controls & safeguards than FDA-approved medicines.

Iowa Law:

Permits regulated use of limited quantities of CBD oil to treat qualified patients with intractable epilepsy.

Past Month Use by 12-17 Year Olds (2013-2014 NSDUH)



Health Group Positions on Marijuana

- Major public health organizations (American Cancer Society, American Glaucoma Foundation, American Medical Association, American Psychiatric Association, National Pain Foundation, National Multiple Sclerosis Society, National Association of School Nurses, et al.) do not support smoked marijuana.



- The American Academy of Pediatrics “opposes marijuana use by children & adolescents...the use of ‘medical’ marijuana outside the regulatory process of the FDA...&...legalization of marijuana.”

Marijuana: R&D of Derivatives

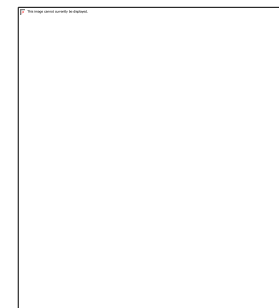
Marinol (Dronabinol) & Cesamet (Nabilone):

FDA-approved synthetic cannabinoids—containing THC & CBD—legally available as prescription pills to treat cancer chemotherapy nausea & appetite loss.



Sativex (mouth spray):

A product with 2 cannabinoids extracted from the cannabis plant failed FDA-authorized tests for cancer pain, but may be tested on spasticity problems.



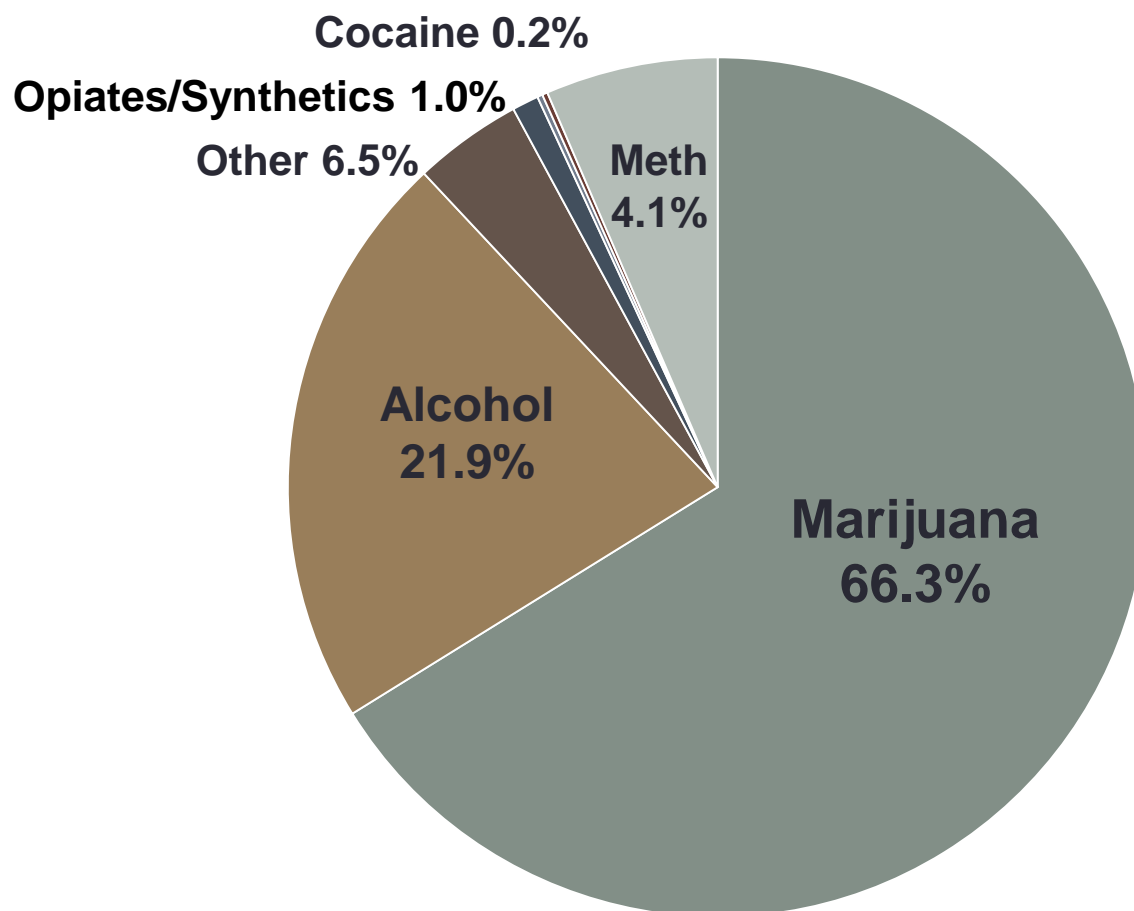
Epidiolex (oral liquid):

Contains the non-psychoactive cannabis extract Cannabidiol (CBD), & is an FDA orphan drug in a fast-track study to treat severe seizures. If all goes well, an Rx product could be available by end of 2017?



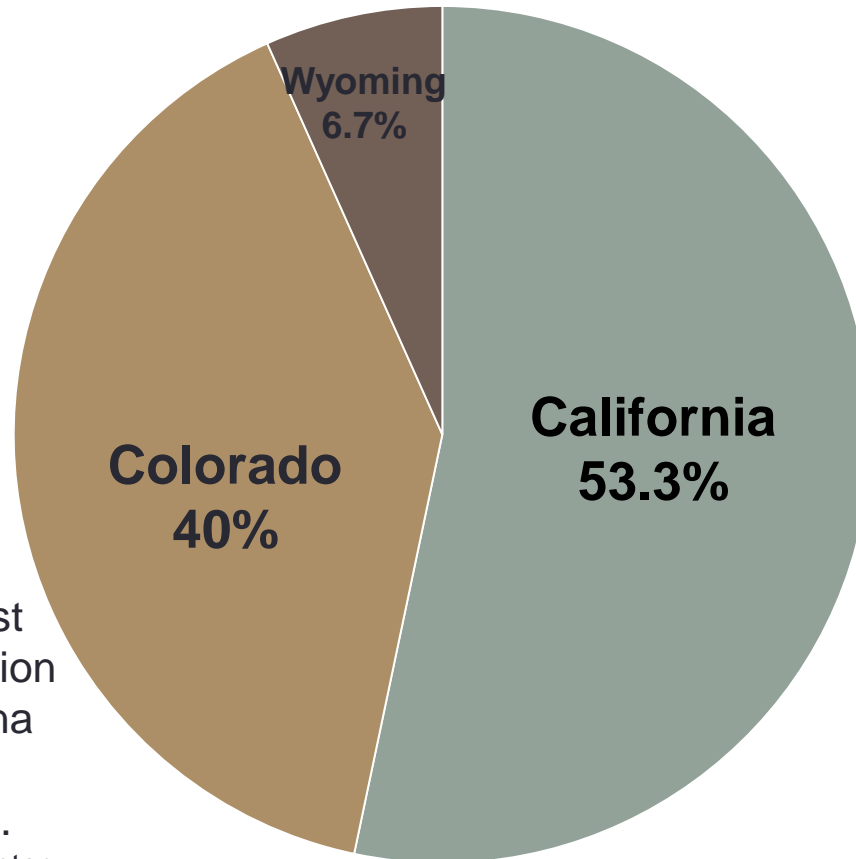
Iowa Youth Drugs of Choice

Primary Substance by Juvenile Clients Entering Treatment



Source of Marijuana Seized in Iowa

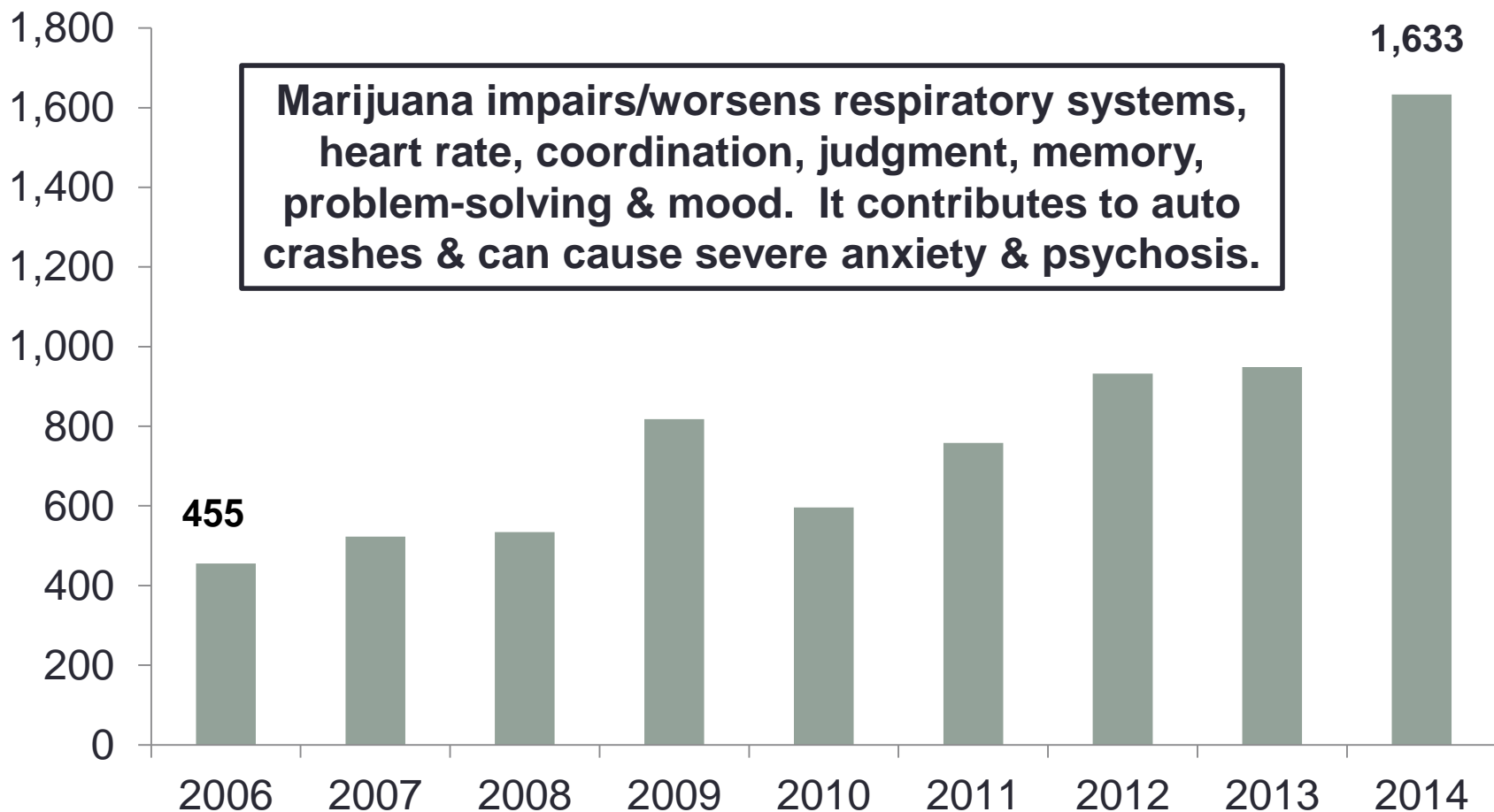
2015 Iowa State Patrol Significant Highway Interdictions



Iowa was the 4th most frequent state destination for Colorado marijuana seized in highway interdictions in 2015.
2016 El Paso Intelligence Center

Iowa Marijuana ER Visits

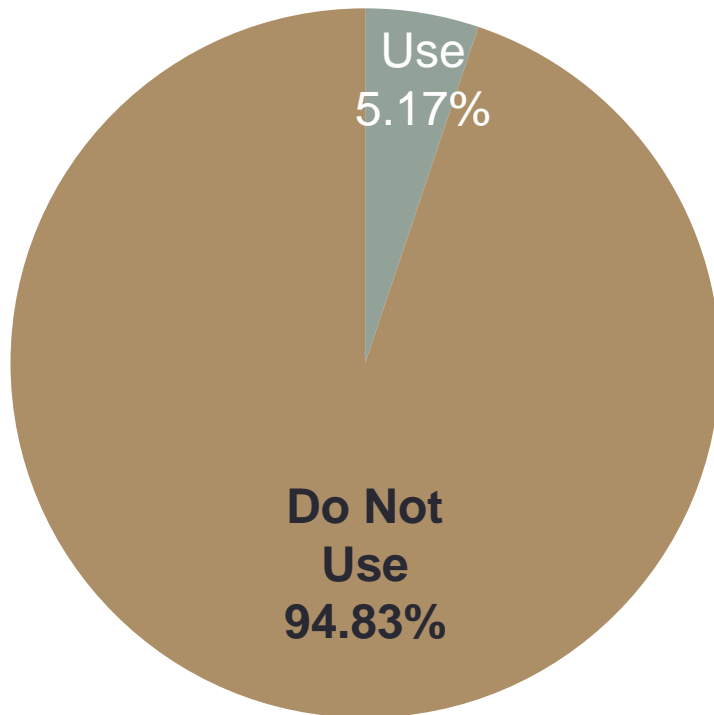
Cannabis Use as Causal or Contributing Factor



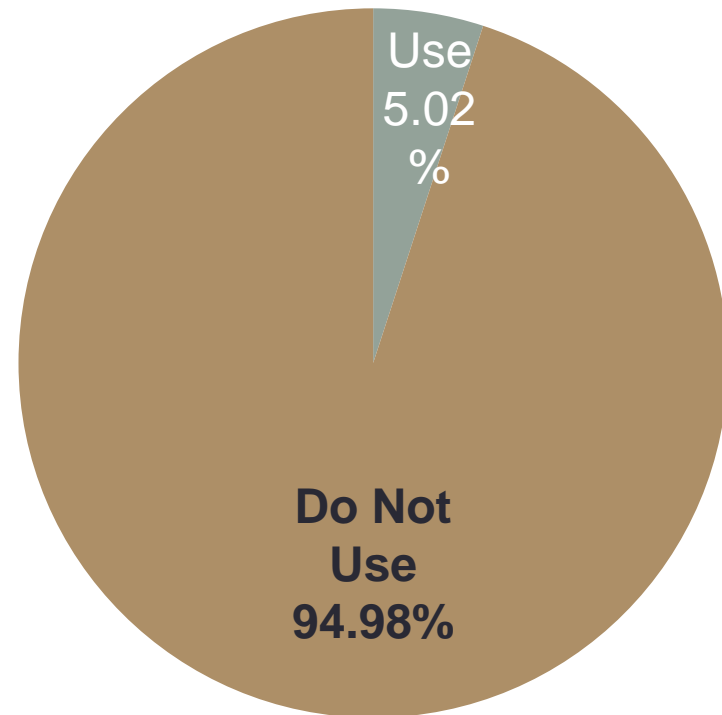
Iowans' *Current* Marijuana Use

Most Iowans are not *current* marijuana users (past 30 days).

**Iowa Youth 12-17 years old
currently using marijuana.**

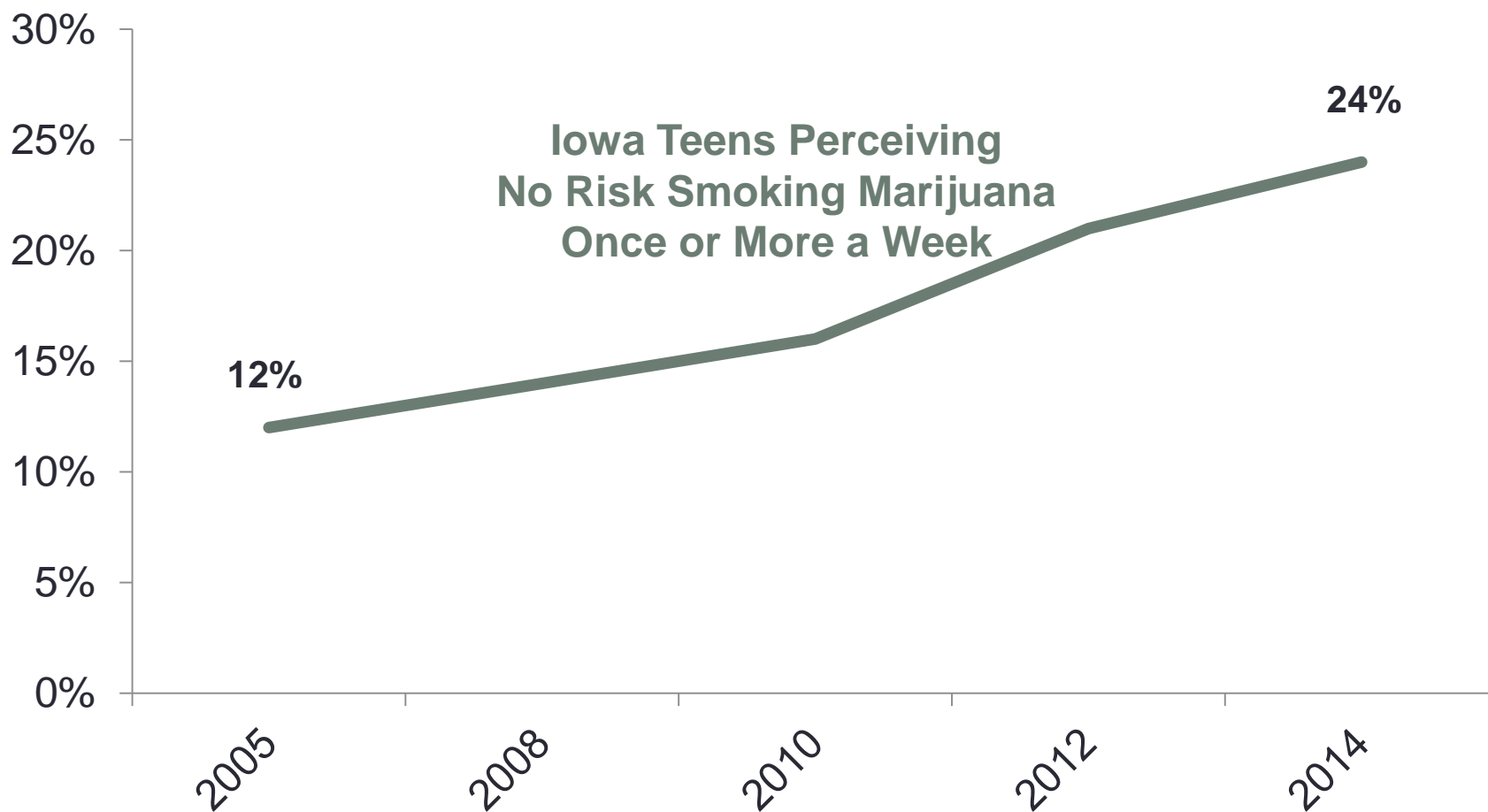


**Iowans 12 & older
currently using marijuana.**



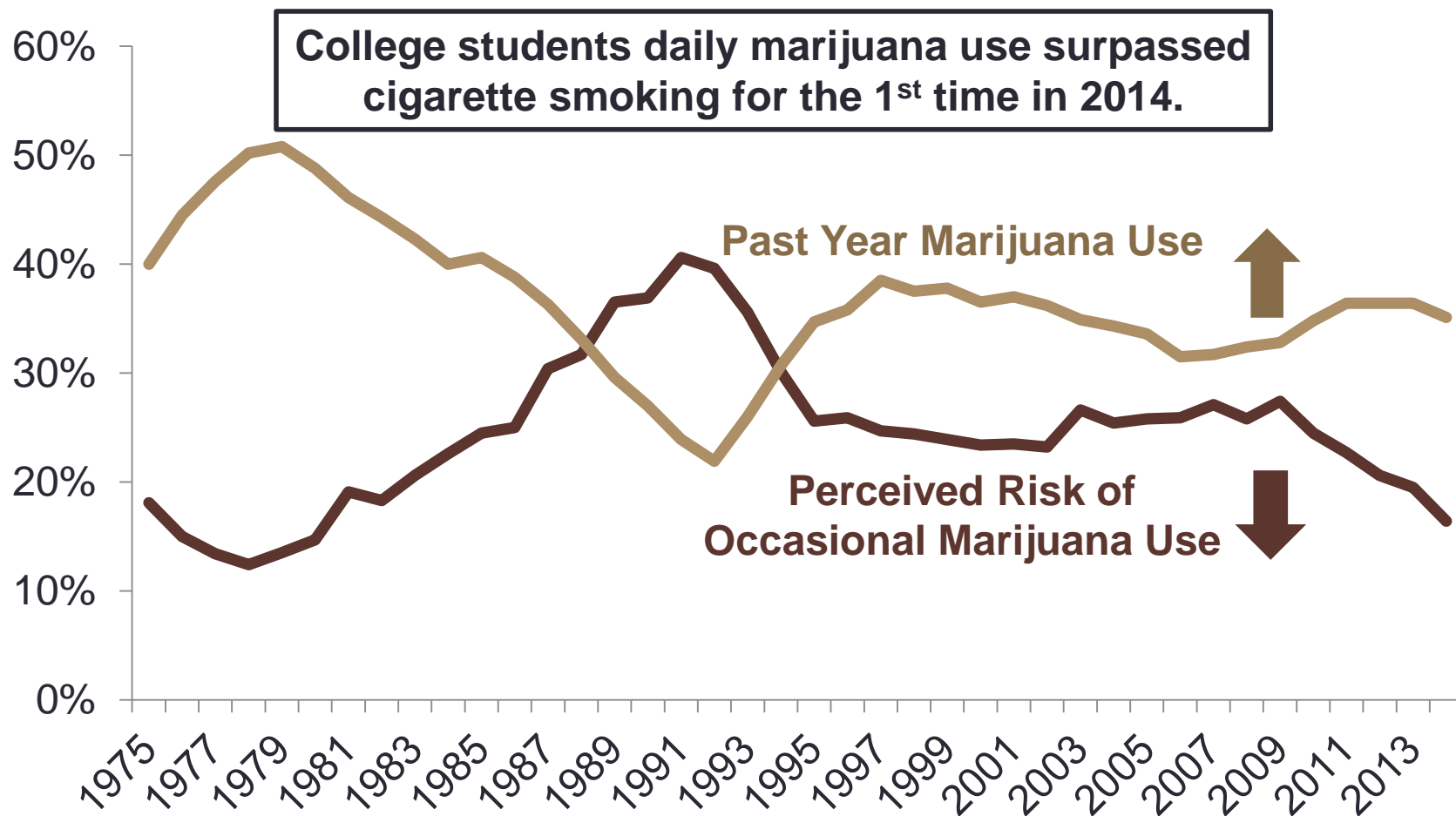
Youth Marijuana Attitudes

Among Iowa 11th Graders



Youth Marijuana Attitudes vs. Use

Among U.S. 12th Graders

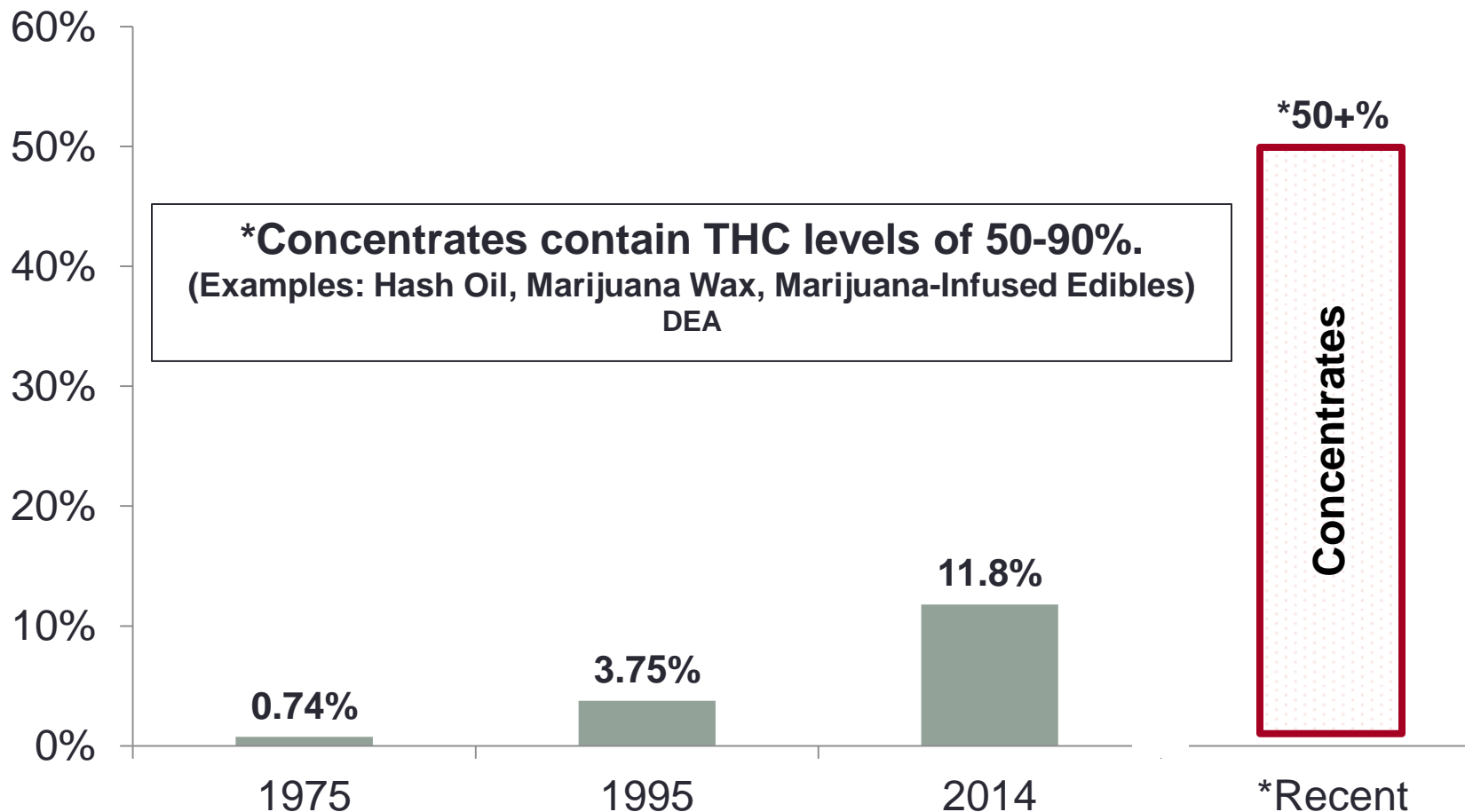


Marijuana Matters

- About 9% of marijuana users become addicted. That number increases to 1 in 6 among users who start in adolescence, & to 25-50% among those who use daily.
2012 National Institute on Drug Abuse, NIH, Drug Facts
- Drug-related student suspensions & expulsions increased 40% in Colorado schools from 2008/2009-2013/2014.
2015 Colorado Department of Education
- Persistent marijuana use during adolescence can cause a long-term 8-point drop in IQ, & harm attention span & memory.
2012 National Academy of Sciences, Dunedin Study
- College student daily marijuana use surpassed cigarette smoking for the 1st time, increasing to 5.9%, the highest level since 1980. 2014 Monitoring the Future Survey/University of Michigan

Marijuana's Increasing Potency

U.S. Seizures, Concentration of THC by % of Weight



Sources: University of Mississippi Marijuana Project, NIDA & DEA

Concentrates

Beyond the Plant...

NOW AVAILABLE AT

Peak
DISPENSARY

HUNDREDS OF EXTRACTS
AND EDIBLES
50+ STRAINS OF FLOWER
GIFT WRAPPING IS AVAILABLE!

**THE PURE
94%
THC**

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Logos: IT, DIXIE, Kindman, DR, evellab, MARY'S MEDICAL

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**THE CLEAR
95%
THC**

THE CLEAR
The Clear & Clean - Natural Patient Pleasure

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Concentrates

Beyond the Plant...



"Green Crack"
wax



"Ear Wax"



Butane Hash Oil
(BHO)



Hash Oil Capsules



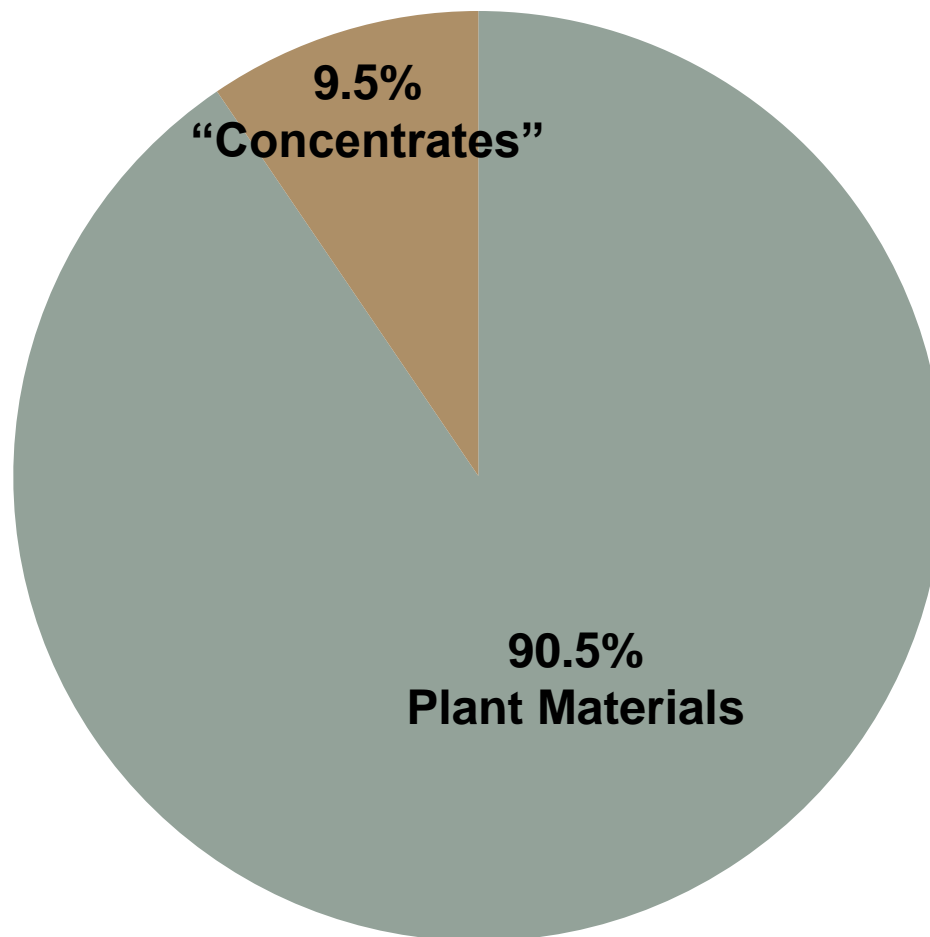
"Budder"



"Shatter"

New Marijuana in Iowa

Approximately 9.5% of all 2015 marijuana samples submitted to the Iowa crime lab involved marijuana “preparations,” or “concentrates” (e.g., hash oils, waxes & marijuana-infused edibles).



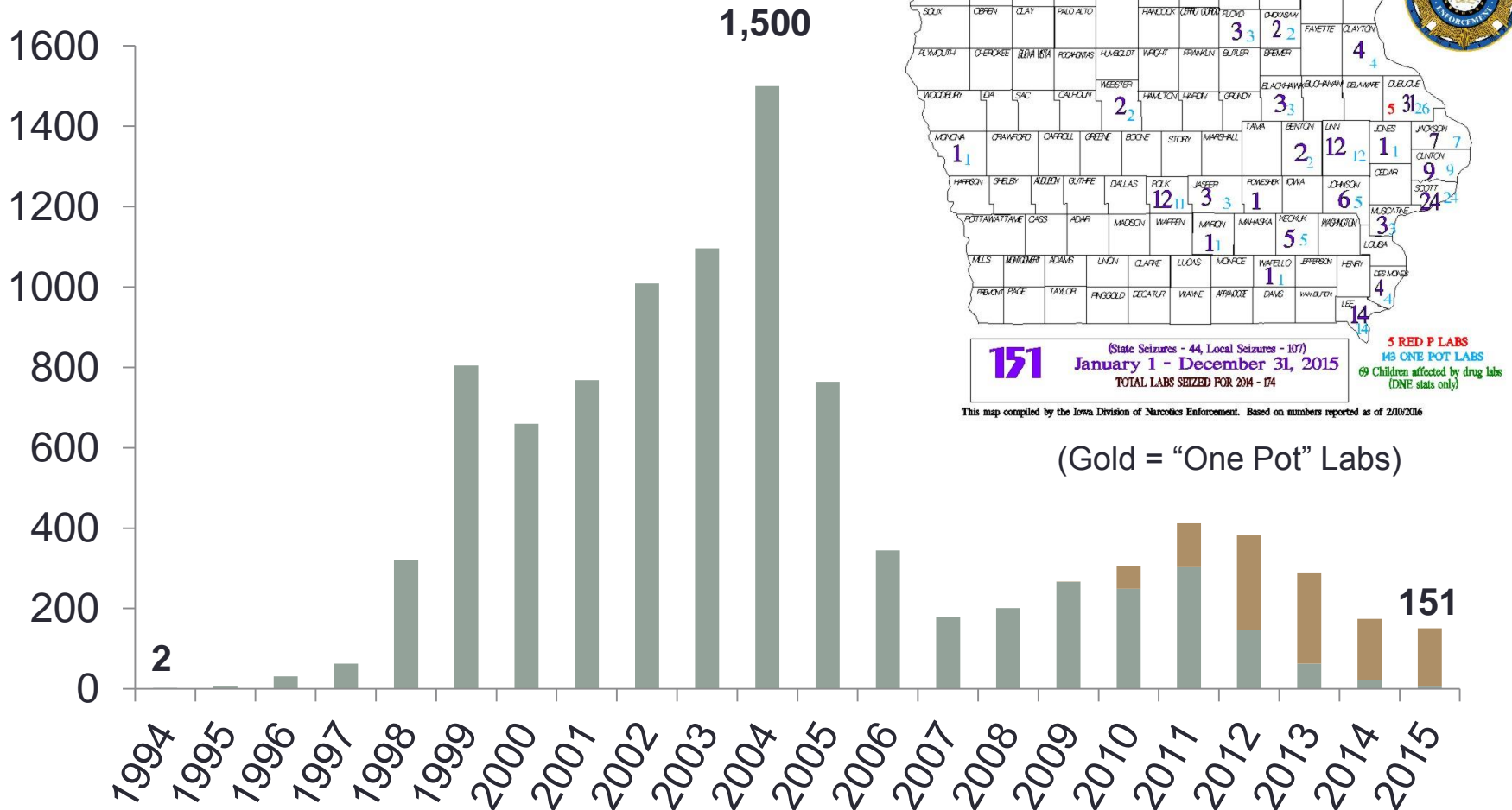
Iowa Marijuana Policy

- Marijuana, or a substance with *any amount of THC, is illegal as a Schedule I Controlled Substance in Iowa (similar to federal law).
- The 2014 Iowa Medical Cannabidiol Act (SF 2360) permits very limited use of CBD oils that are *low in THC (<3%) to treat intractable epilepsy.
- 25 states & DC have voter approved or legislated “medical” marijuana; 4 states have voter approved “recreational” marijuana; & 18 states, including Iowa, have CBD laws.
- Congress is considering proposals, including a Marijuana Effective Drug Studies (MEDS) Act to promote research on the medical effectiveness & safety of marijuana components.

Meth



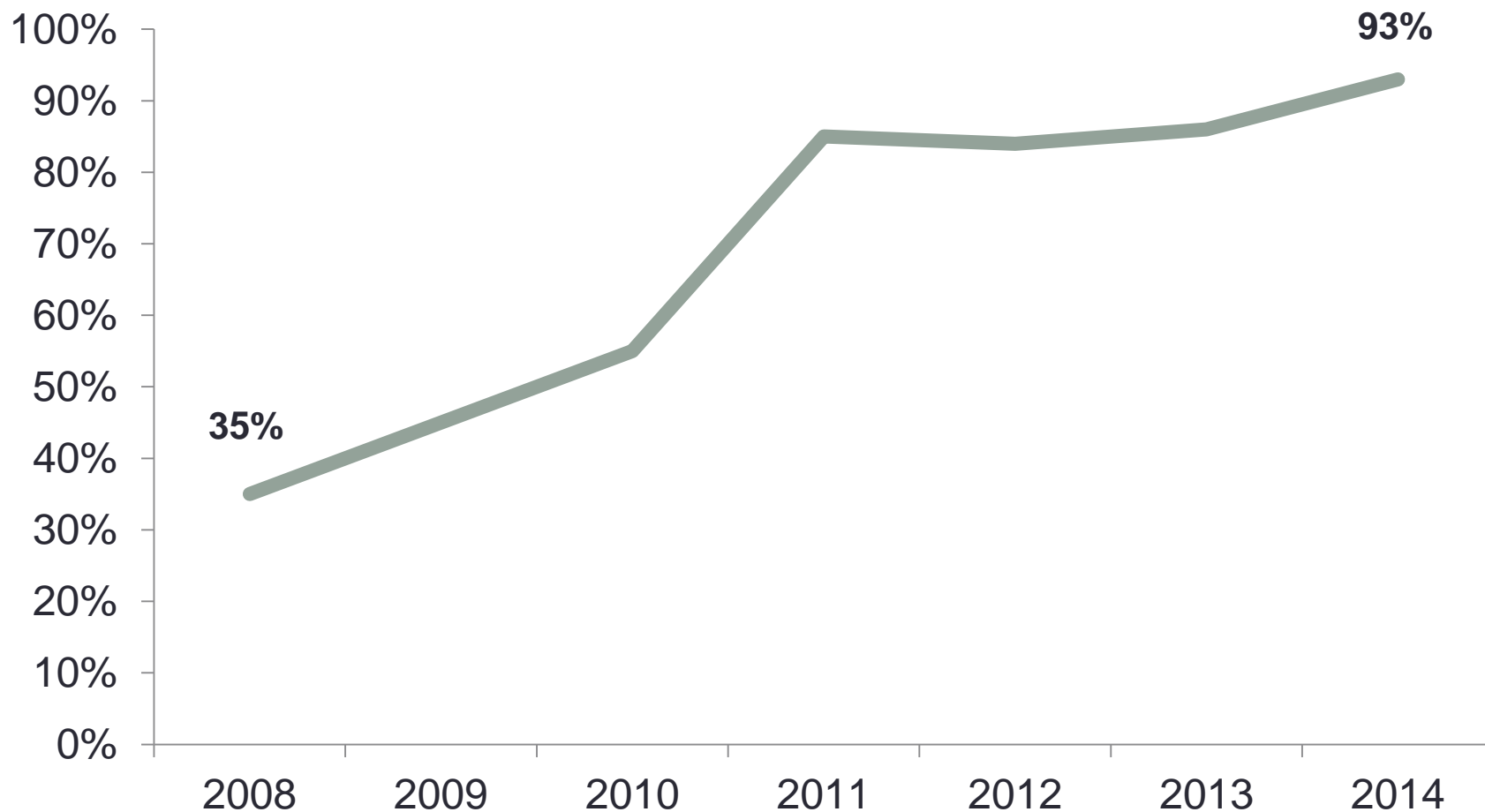
Iowa Meth Labs



Iowa Meth Labs Down 90% vs. Peak of 10 Years Ago. Source: IDPS, 2015

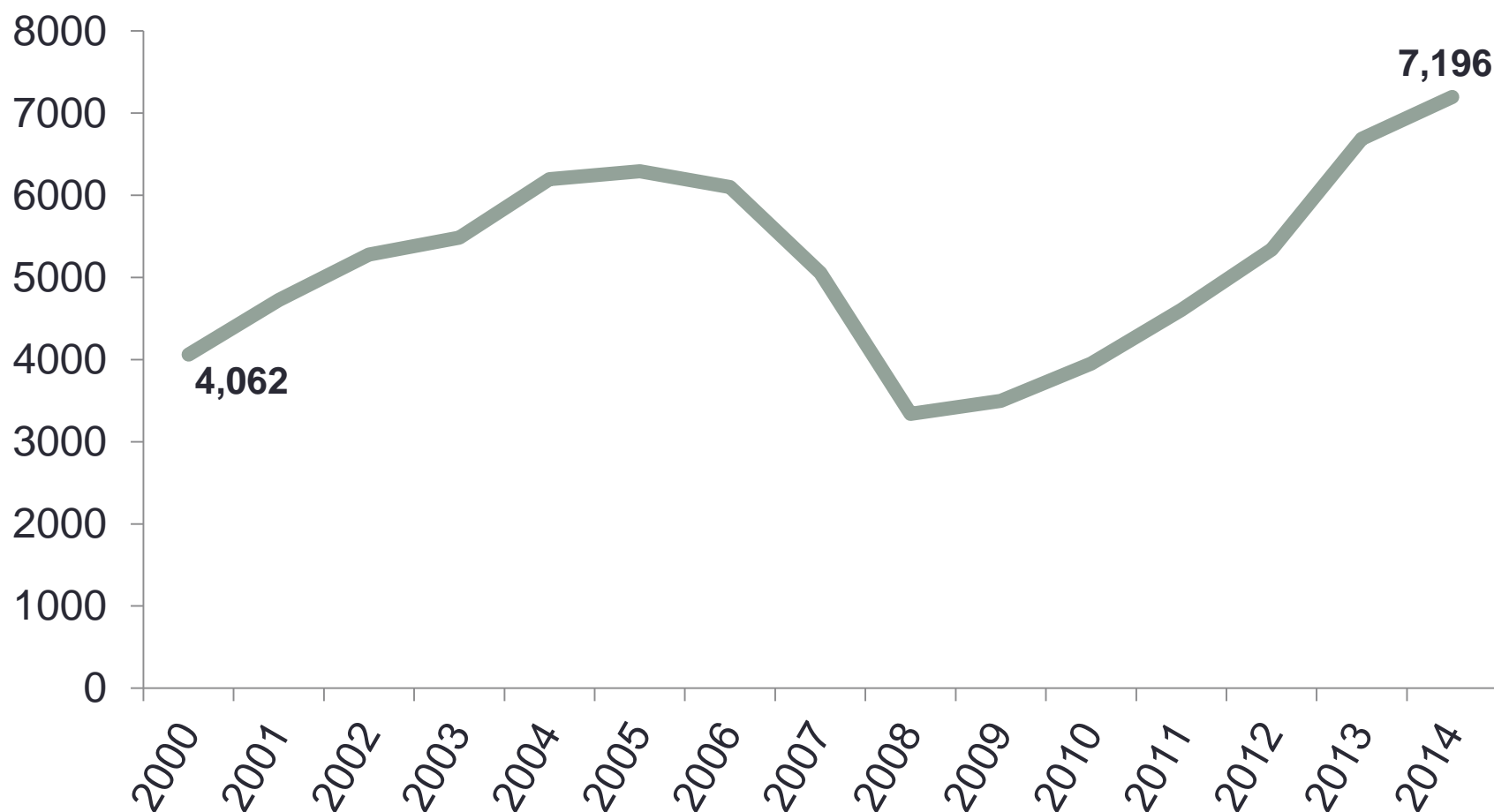
Iowa Meth Purity

Crime Lab Fiscal Year Averages



Source: IDPS, 2014

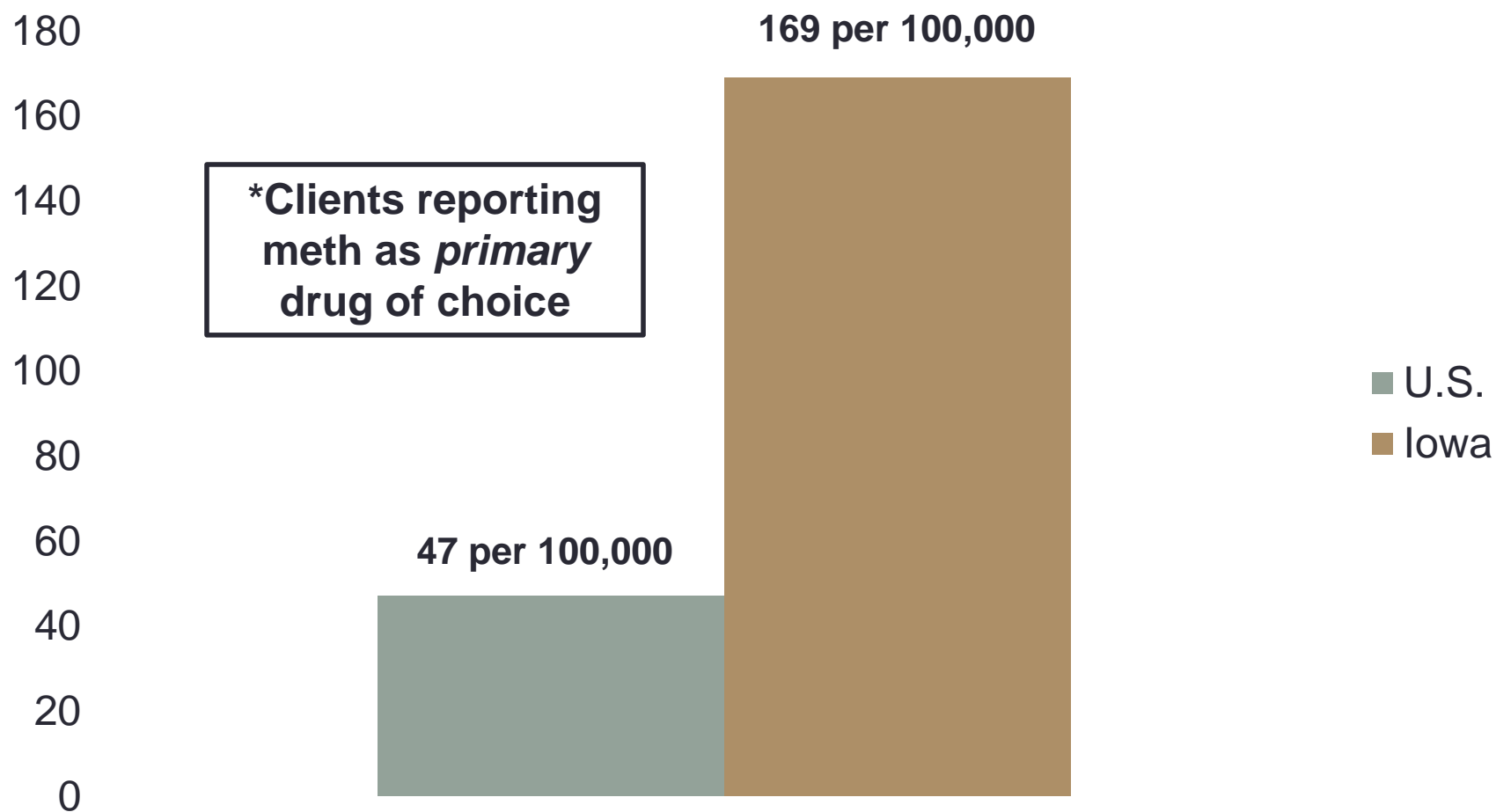
Iowa Meth Treatment Admissions



Source: IDPH, 2014

Rate of Meth Treatment

*ALL 12+ Substance Abuse Treatment Admissions for Meth



Iowa Meth Use Treatment Rate 3rd Highest in US (& 8th Highest Number). Source: TEDS 2012

Opioid & Rx Abuse



Types of Medicines Abused

- Opioids (*Pain Relievers)
 - OxyContin®, Vicodin®, Percocet®



- Stimulants
 - Ritalin®, Adderall®, Sudafed®



- Anti-Anxieties
 - Xanax®, Valium®



- Anti-Depressants
 - Prozac®, Zoloft®



- Sedatives
 - Rohypnol®, Nembutal®, Seconal®



- Etc.

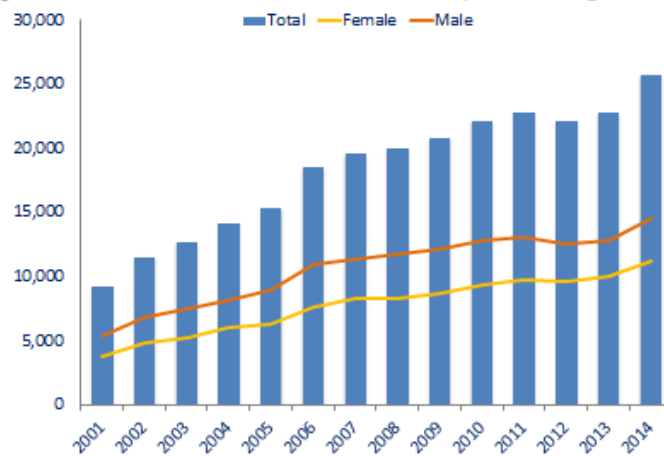
*Synthetic Opioid Examples: Oxycodone, Morphine, Methadone, Codeine, Fentanyl & Hydrocodone. Hydrocodone combination products became Schedule II Controlled Substances in October 2014.

National Rx-Heroin Trends



National Overdose Deaths

Number of Deaths from Prescription Drugs



Source: National Center for Health Statistics, CDC Wonder

Drug overdoses, led by opioids, claim 78 U.S. lives daily.

CDC 2016

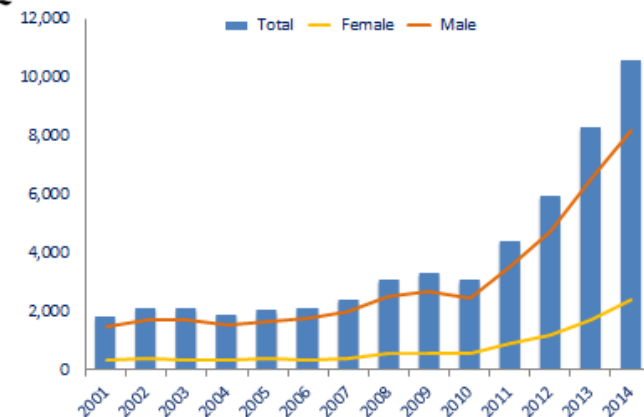
About 3 out of 4 new heroin users report previous Rx opioid abuse.

CDC 2016



National Overdose Deaths

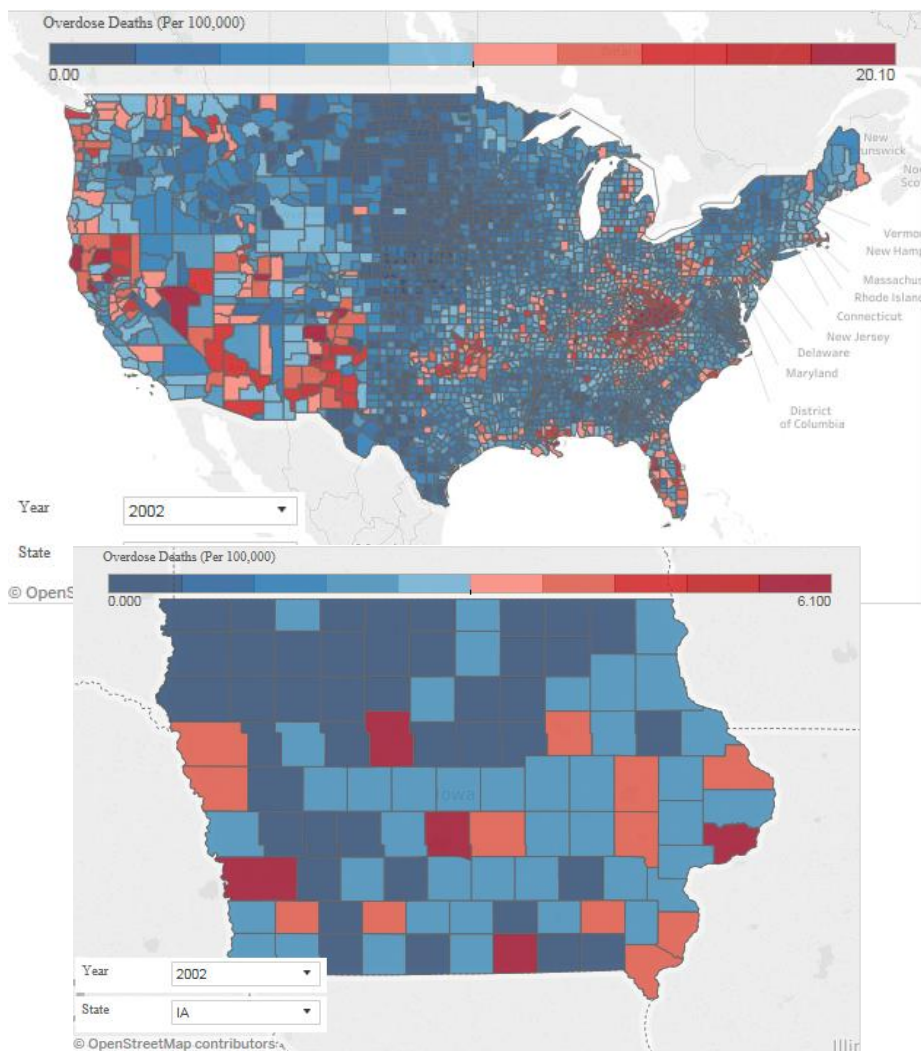
Number of Deaths from Heroin



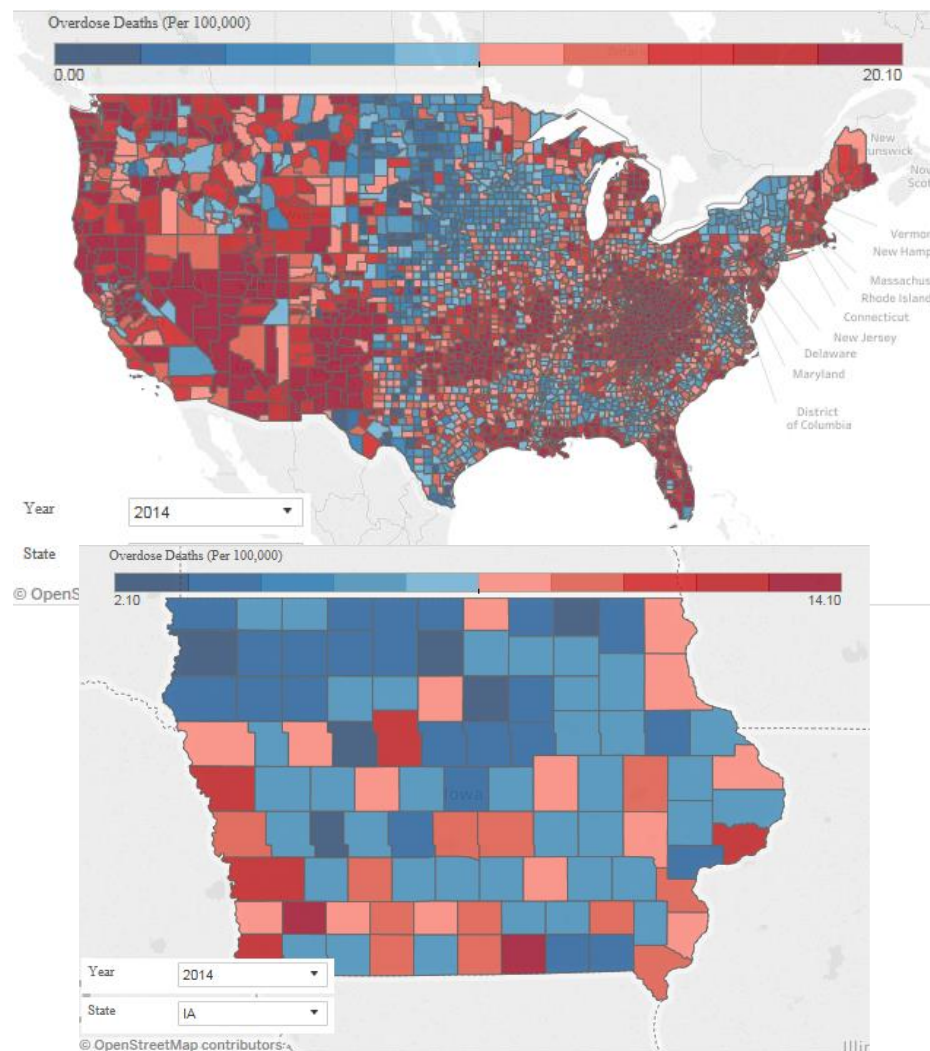
Source: National Center for Health Statistics, CDC Wonder

Opioid OD Death Rates: 2002-2014

2002



2014

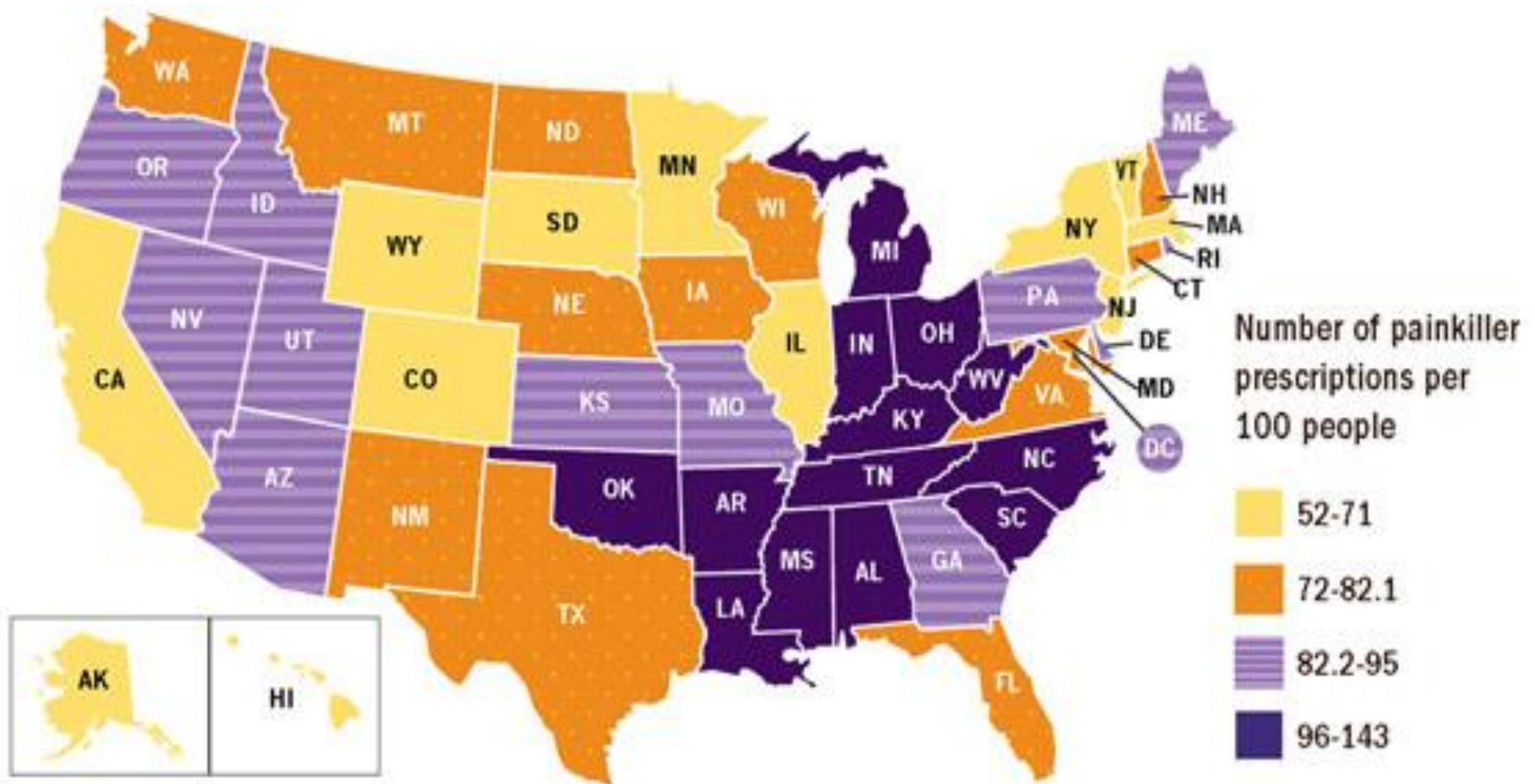


Drug Poisoning Death Rate per 100,000



Iowa state rate of drug **poisoning** deaths ranks 44th (8.8/100,000)

Pain Reliever Prescriptions: By State



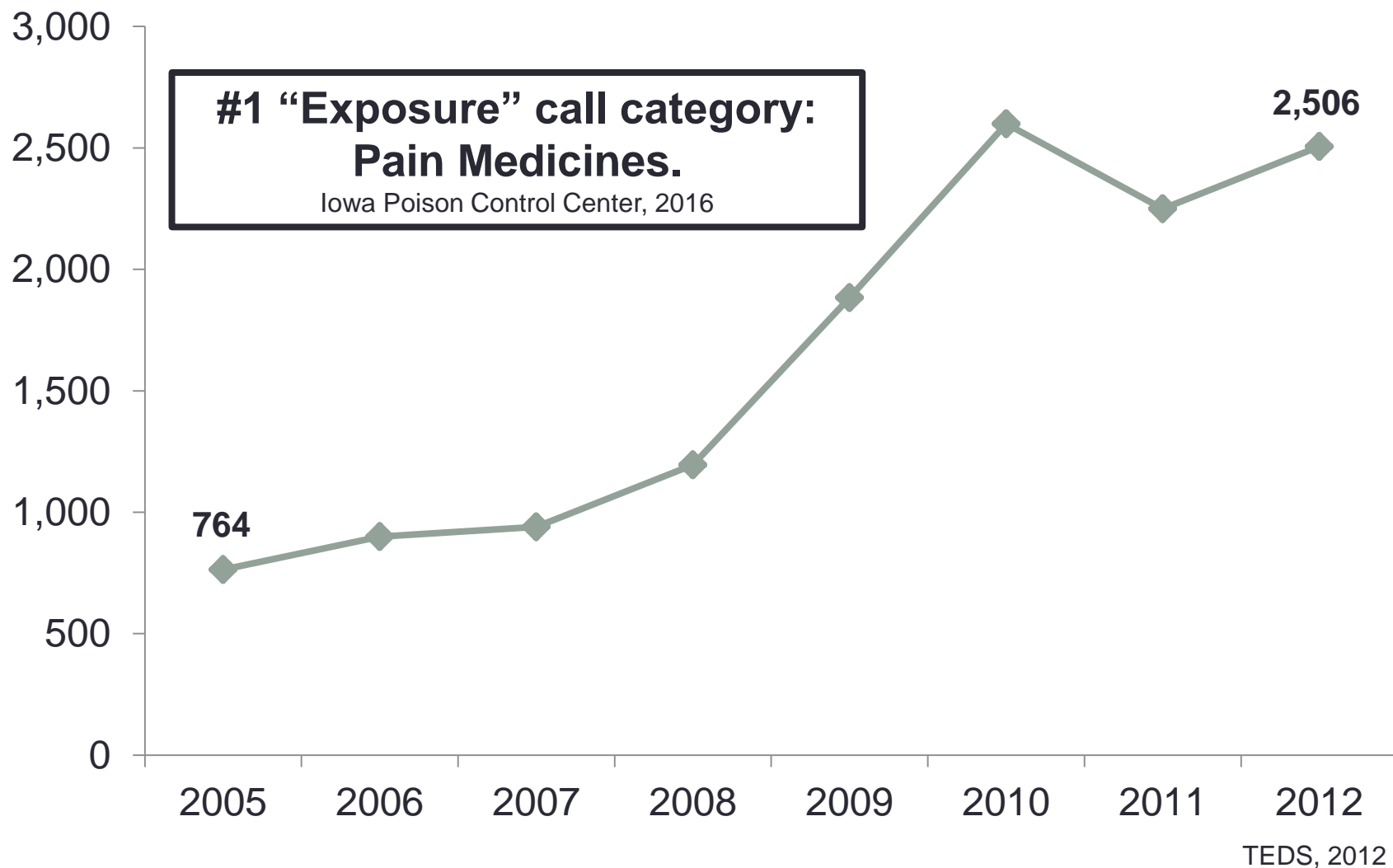
Controlled Prescription Drug Seizures

In Dosage Units by Iowa Division of Narcotics Enforcement Agents



Iowa Drug Treatment: *Numbers*

Any Abuse of Non-Heroin Opiates & Synthetics Reported at Admission

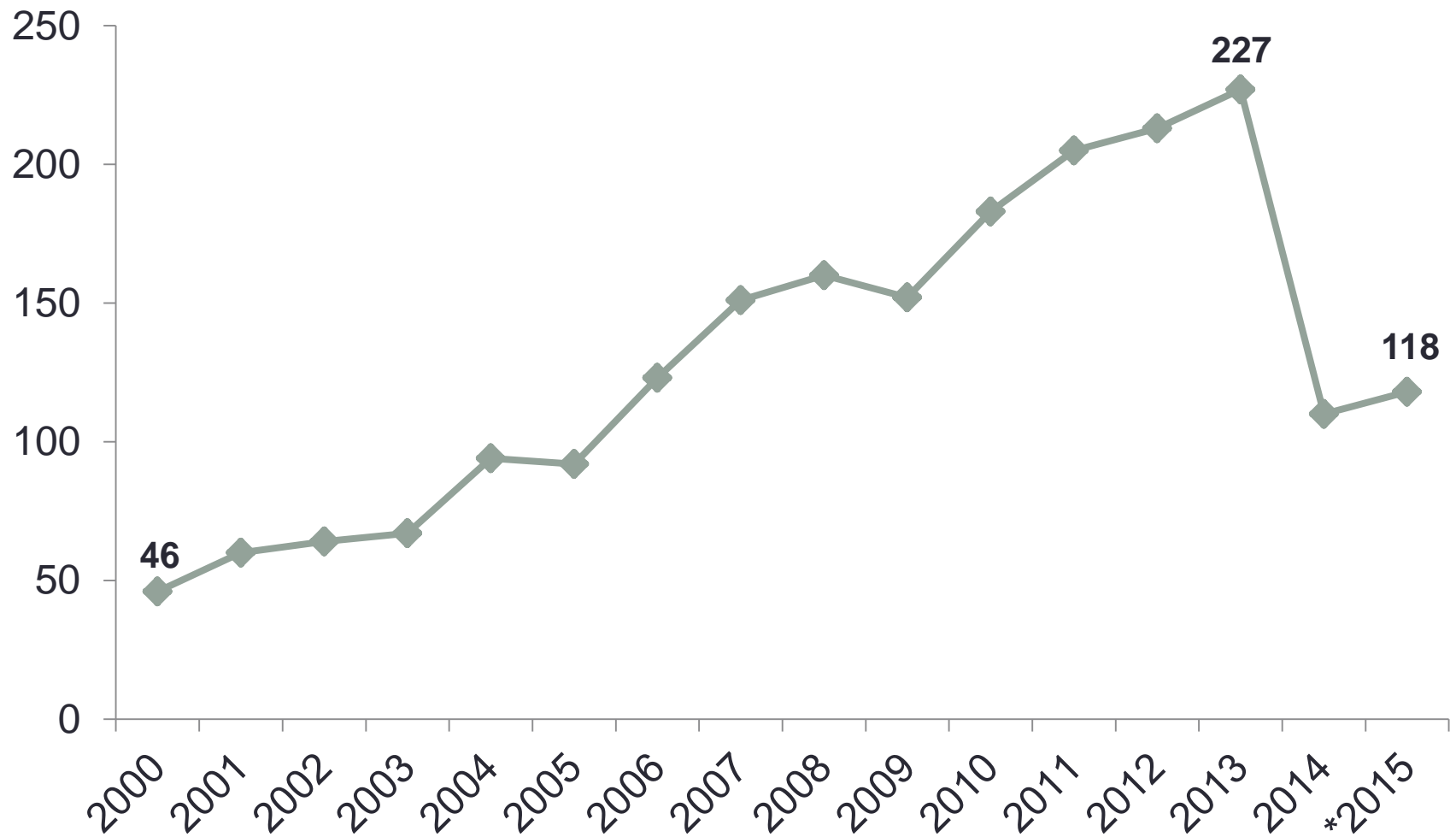


Iowa Opioid-Related ER Visits

Opioid Use (including Opiates & Others) as Causal or Contributing Factor



Iowa Drug-Related OD Deaths: *All Drugs*

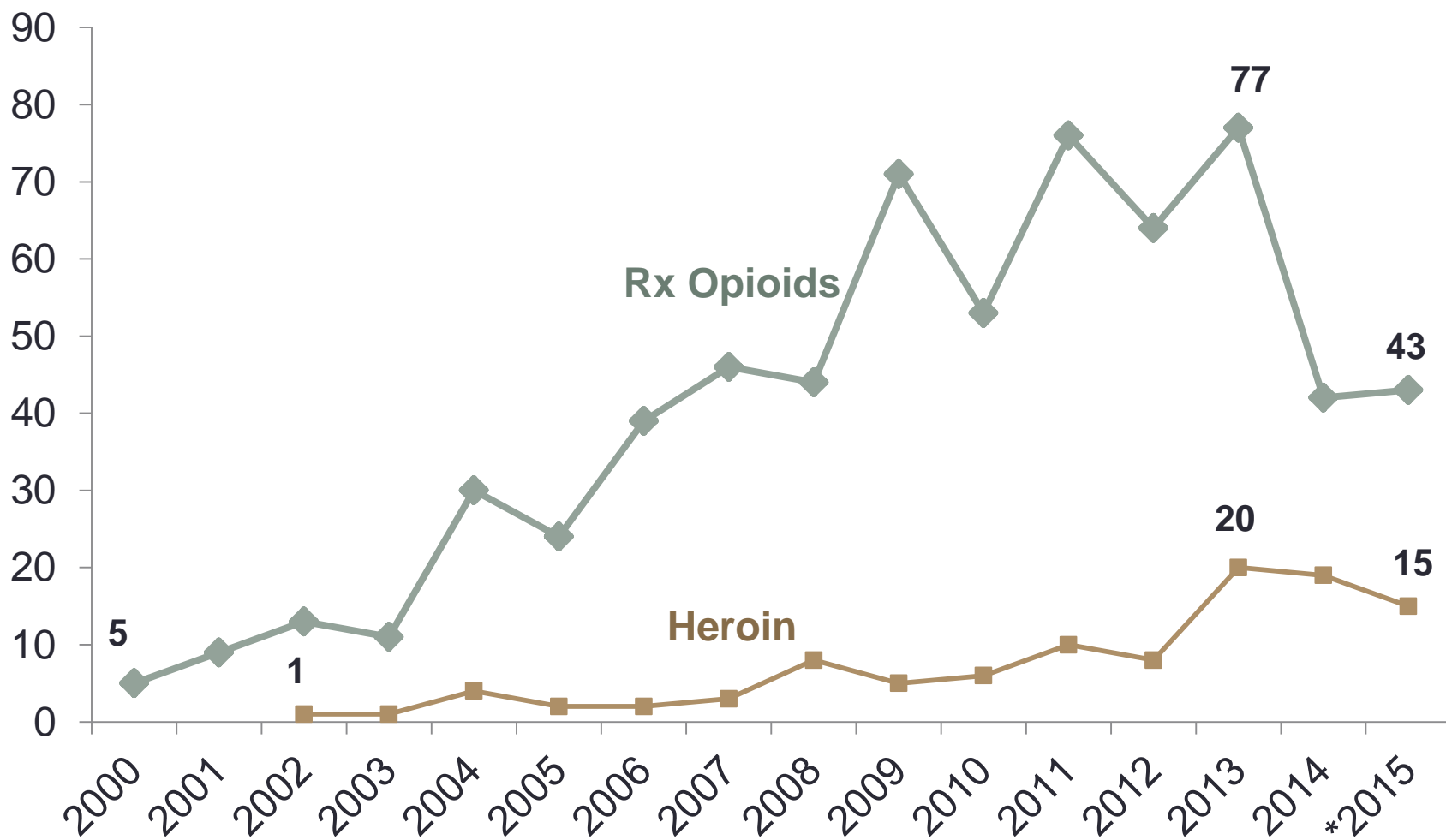


*2015 Data is Preliminary

Iowa Department of Public Health, Bureau of Health Statistics, 2016

Iowa Opioid-Related OD Deaths: *Rx & Heroin*

Rx = Pain Relievers (Rx Methadone, Other Opioids & Other Synthetic Narcotics)



*2015 Data is Preliminary

Iowa Department of Public Health, Bureau of Health Statistics, 2016



Heroin

& Non-Medical
Synthetic Opioids
(e.g., fentanyl analogs)



Rx Pain Reliever-Heroin Connection

Oxycodone Combinations (Percocet®) = \$7-\$10/tab

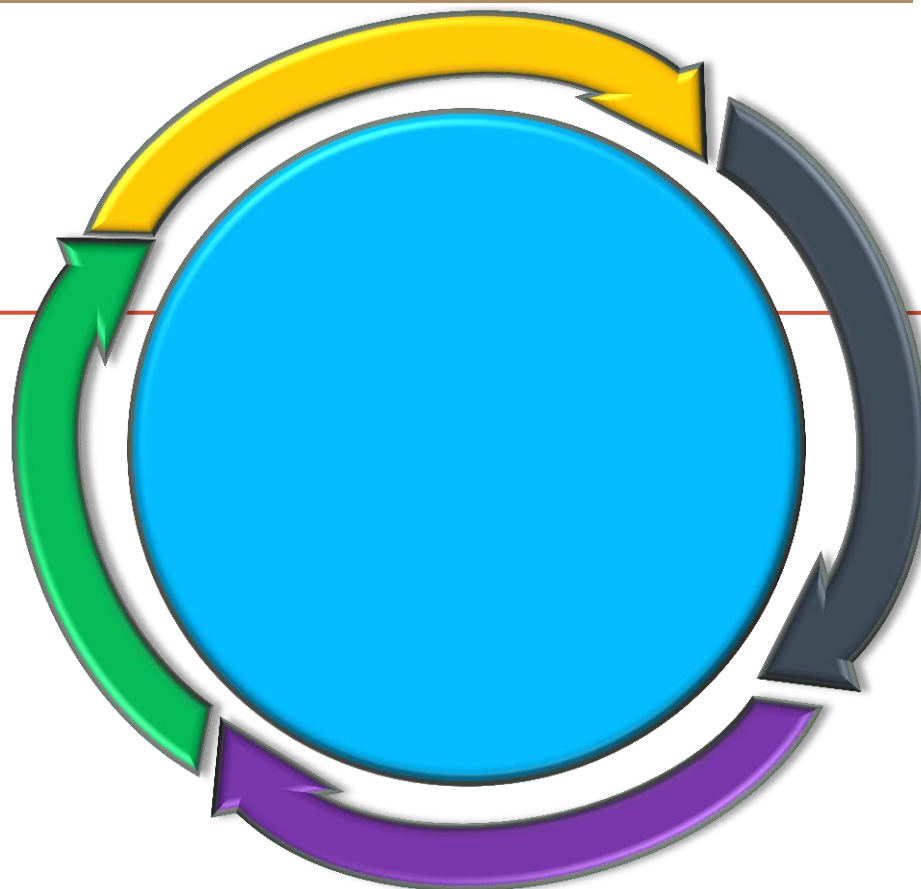
OxyContin®
= \$80/tab

Hydrocodone
(Lorcet®)
= \$5-\$7/tab

Roxicodone®
Oxycodone IR
15mg, 30mg
= \$30-\$40/tab

Heroin = \$10/bag

DEA, 2013



Rx-Heroin Trends

Heroin use is part of a larger substance abuse problem.

Nearly all people who used heroin also used at least 1 other drug.

Most used at least **3** other drugs.

Heroin is a highly addictive opioid drug with a high risk of overdose and **death** for users.

People who are addicted to...



ALCOHOL

are

2x



MARIJUANA

are

3x



COCAINE

are

15x



Rx OPIOID PAINKILLERS

are

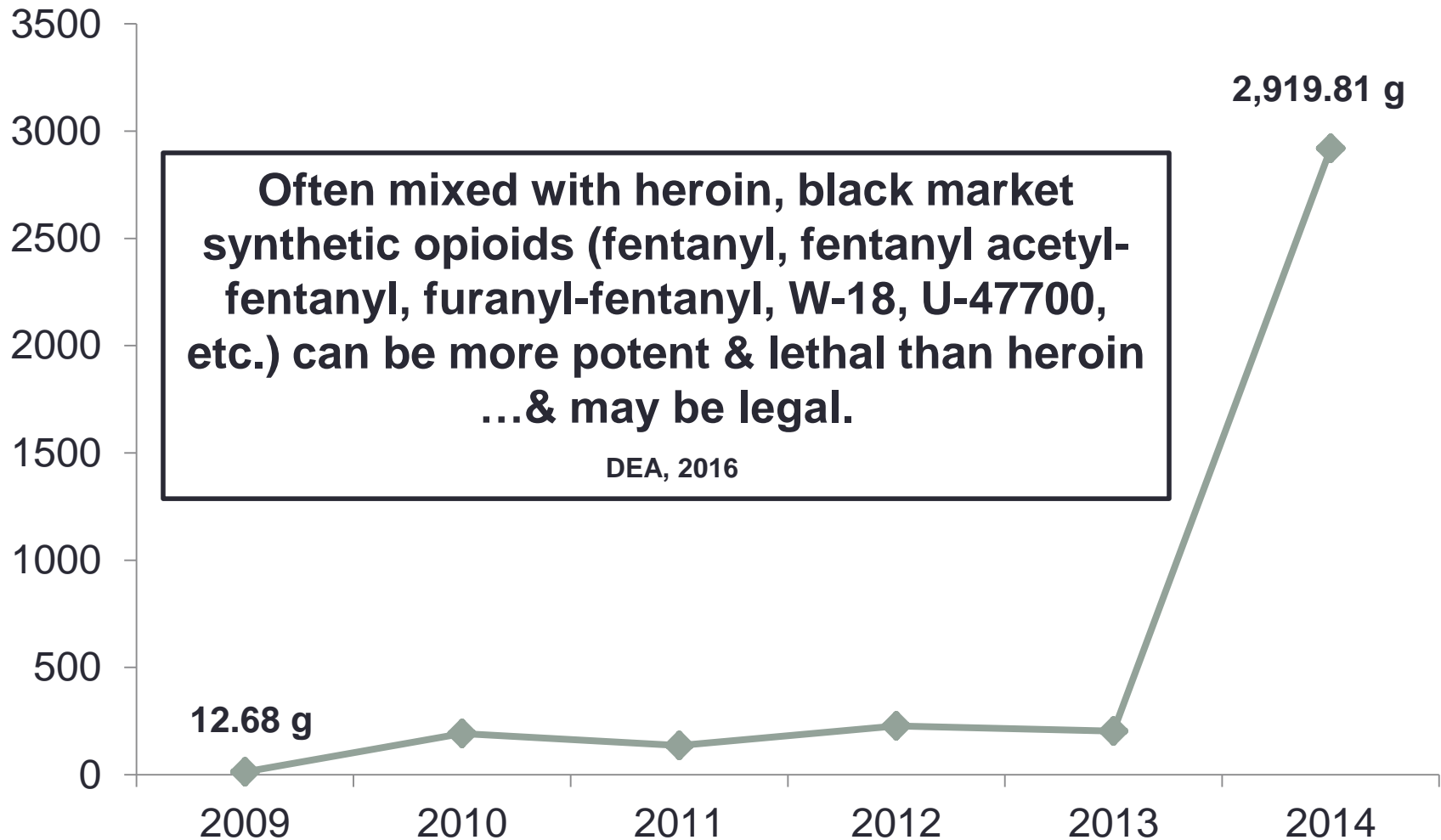
40x

...more likely to be addicted to heroin.

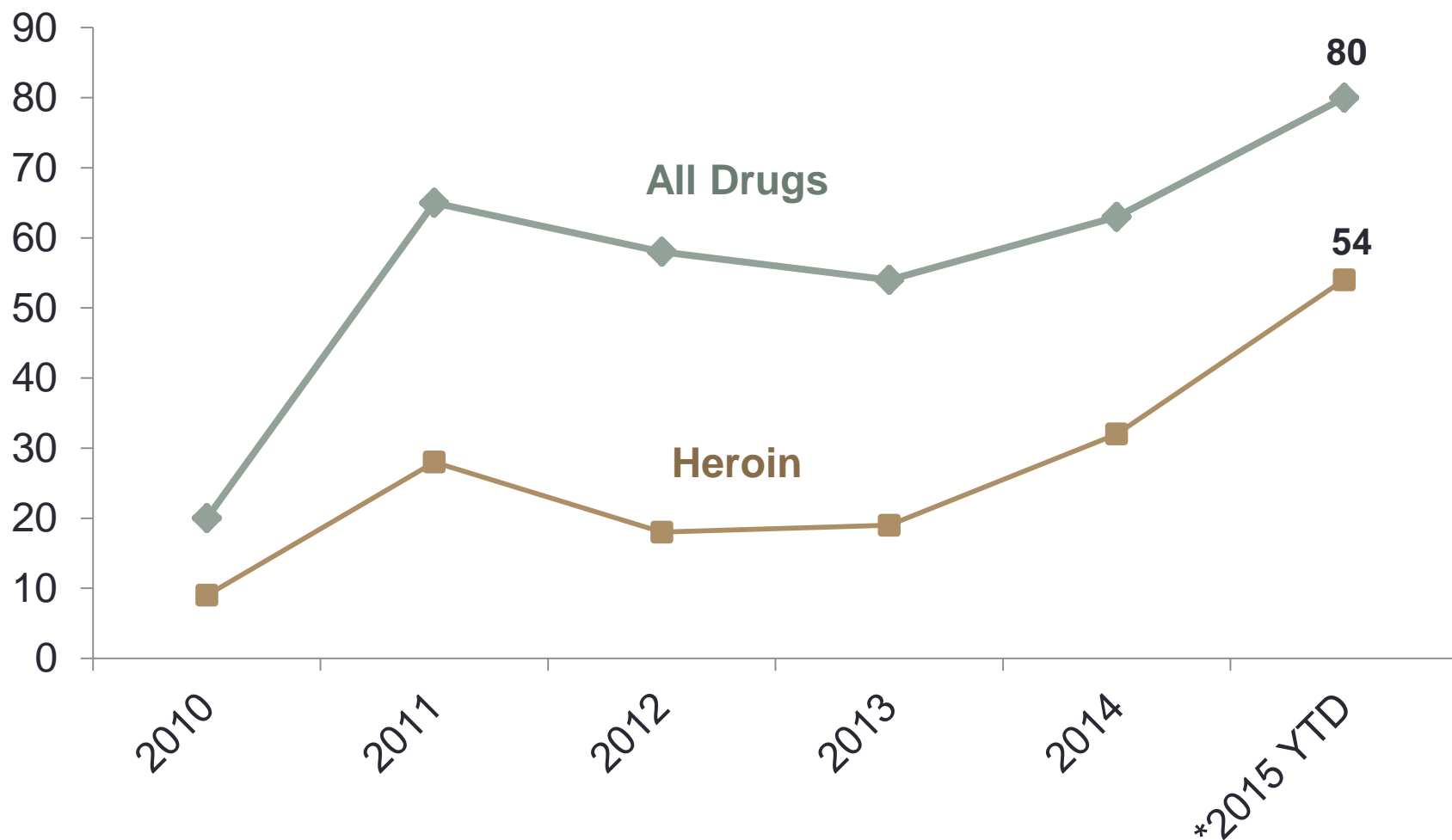
SOURCE: National Survey on Drug Use and Health (NSDUH), 2011-2013.

Heroin Seizures

In Grams by Iowa Division of Narcotics Enforcement Agents

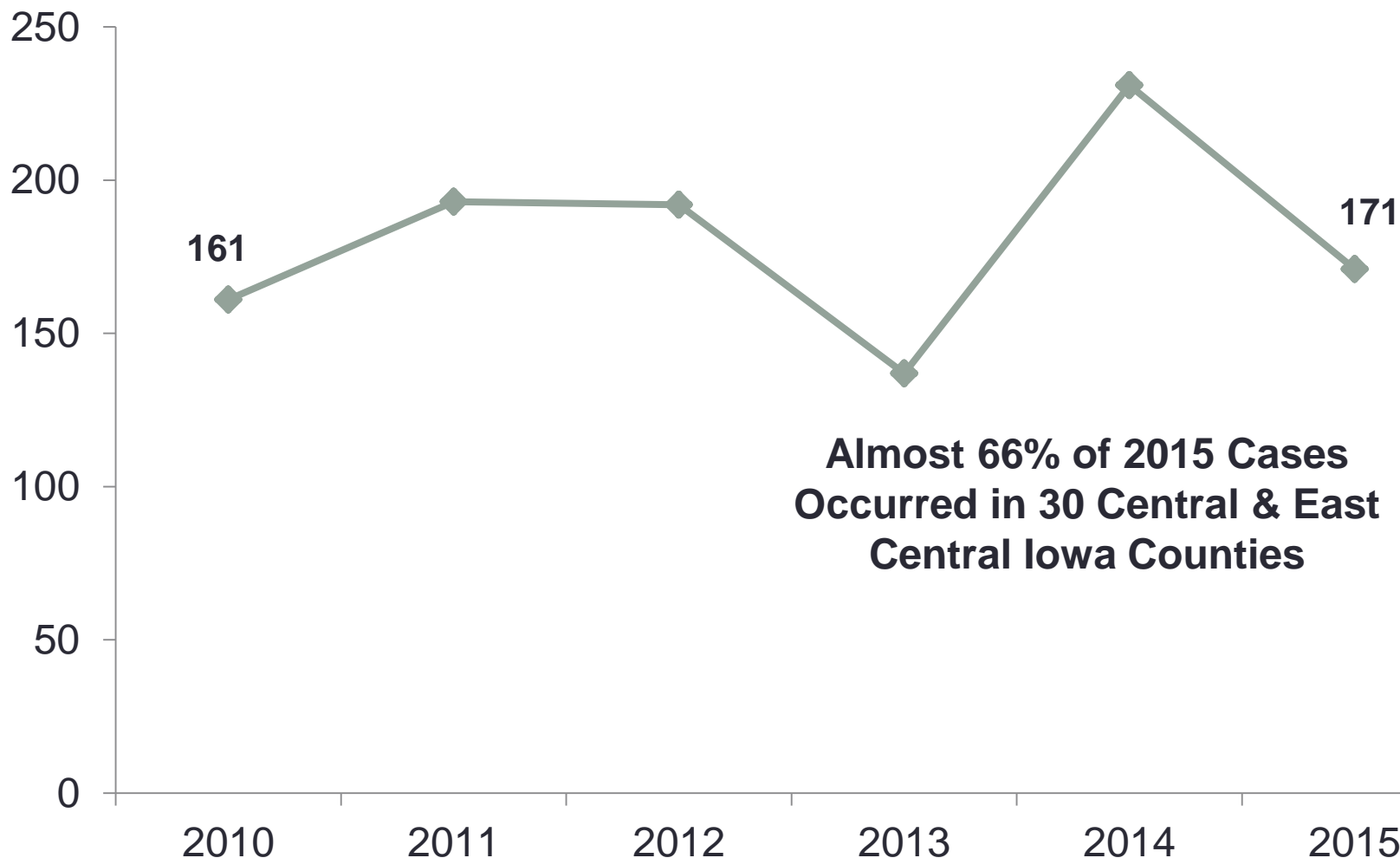


Drug-Related OD Incidents: *Cedar Rapids*



Naloxone Use by Iowa EMS Providers

Times Administered



Ease of Access & Perceptions of Safety



Classmates hospitalized after sharing medication

The Hoyt Middle School students had taken the unidentified drug at school. Teachers noticed their odd behavior.

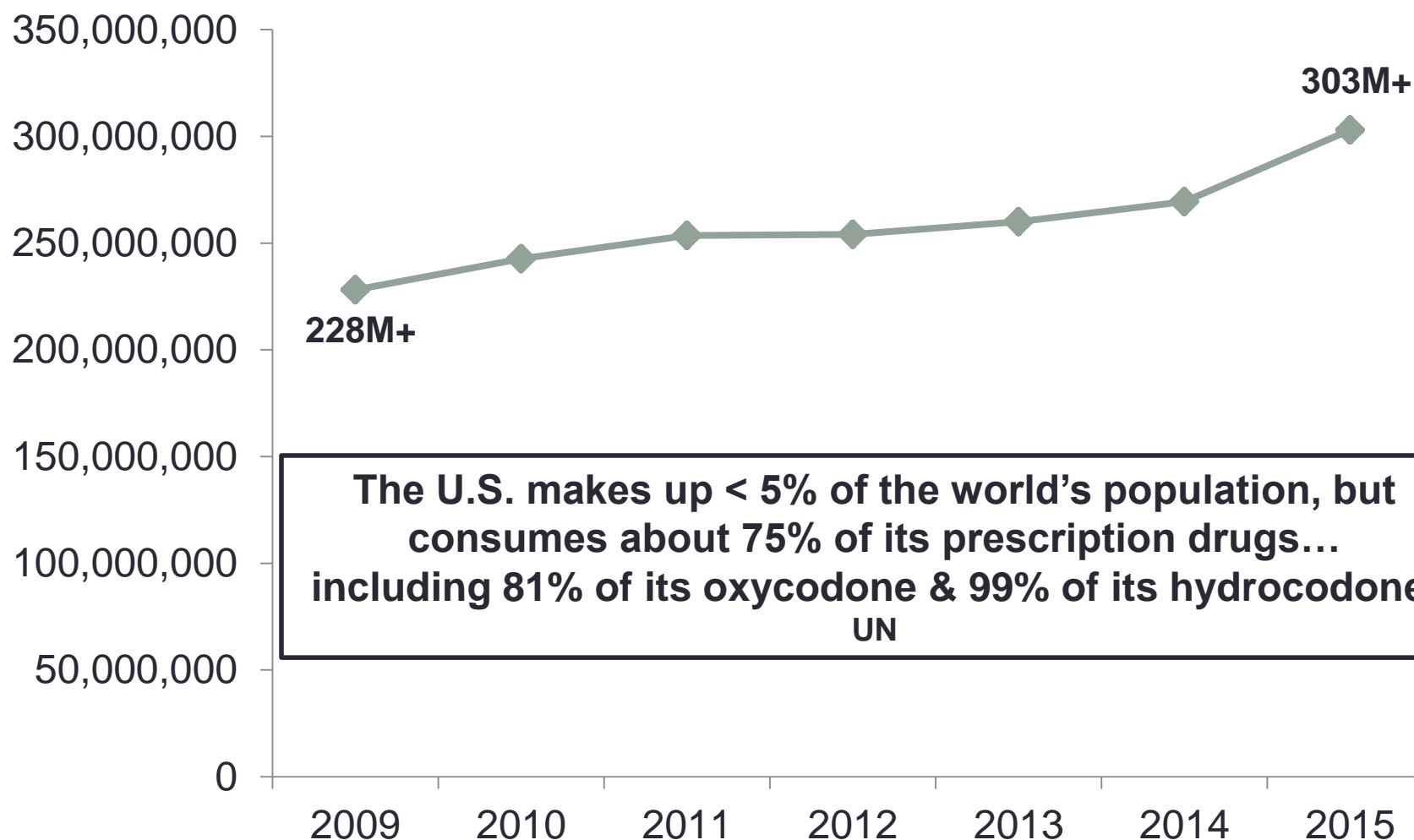
Girl's overdose should be 'lesson,' stepfather says

She and four other Des Moines middle-schoolers took a parent's prescription drug; one of them remains hospitalized.

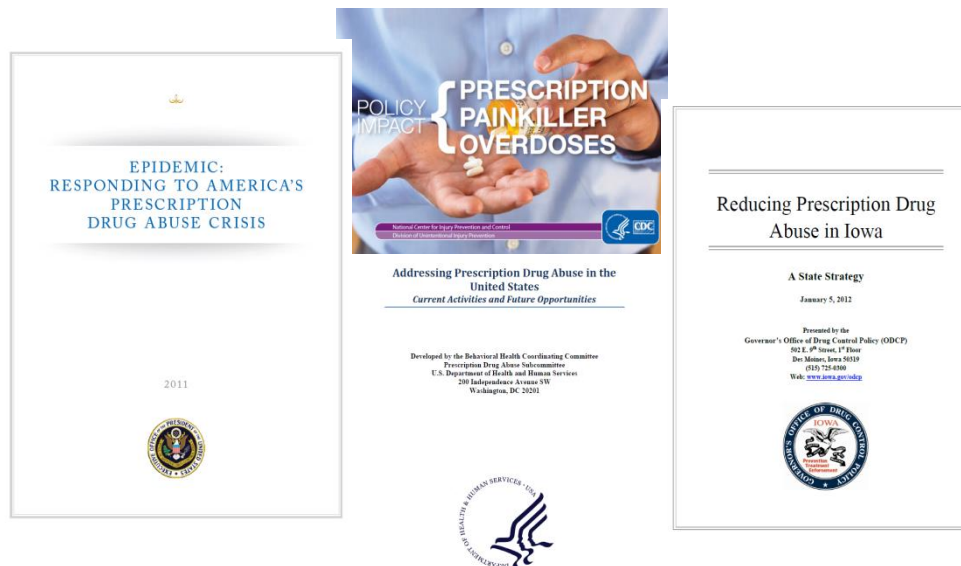


Iowa PMP: *Doses Dispensed*

Controlled Prescription Drugs, Schedule II-IV



Response to Reduce Rx Abuse: Iowa Plan



Education & Intervention
Secure Storage & Safe Disposal
Monitoring
Enforcement

****NEW...Iowa Laws to Reduce Opioid Abuse & Deaths:**

- SF 2218 & HF 2460 expand use of opioid overdose rescue drug Naloxone.
- SF 2102 allows Prescription Monitoring Program & EHR integration.

Safe Medicine Disposal



National Take-Back Events: Special take-back events are a good way to remove expired, unwanted, or unused medicines from the home.

Law Enforcement Collection: A growing number of law enforcement agencies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs on an ongoing basis via secure drop-off boxes.



Pharmacy Collection: Some pharmacies collect expired, unwanted, or unused pharmaceutical controlled prescription drugs from patients.

Disposal in Household Trash: You may carefully mix medicines with substances such as kitty litter or used coffee grounds and place them in a container such as a sealed plastic bag to throw in your household trash.

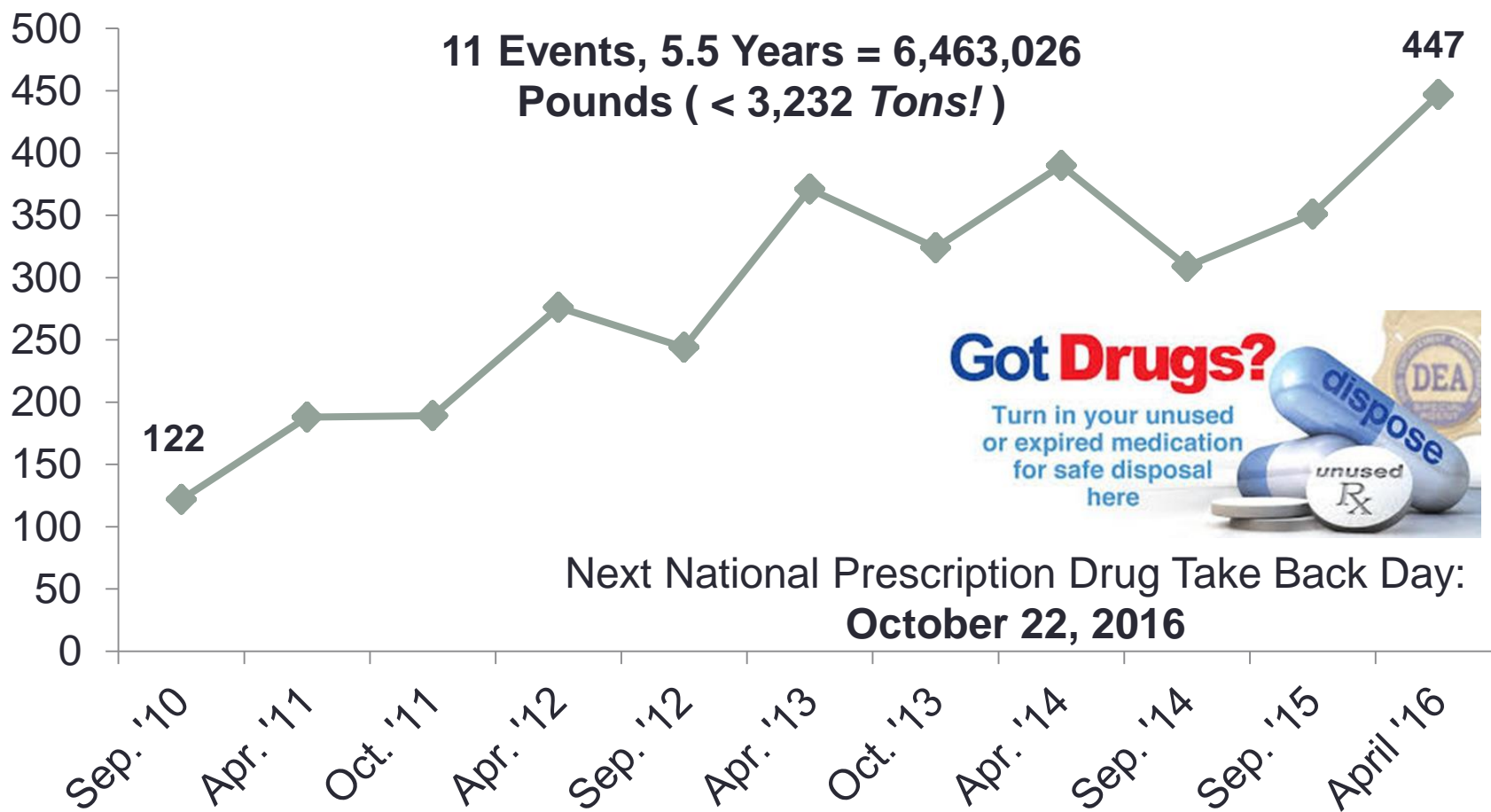


Disposal by Flushing: A few medicines have specific instructions to flush them down the sink or toilet when they are no longer needed.



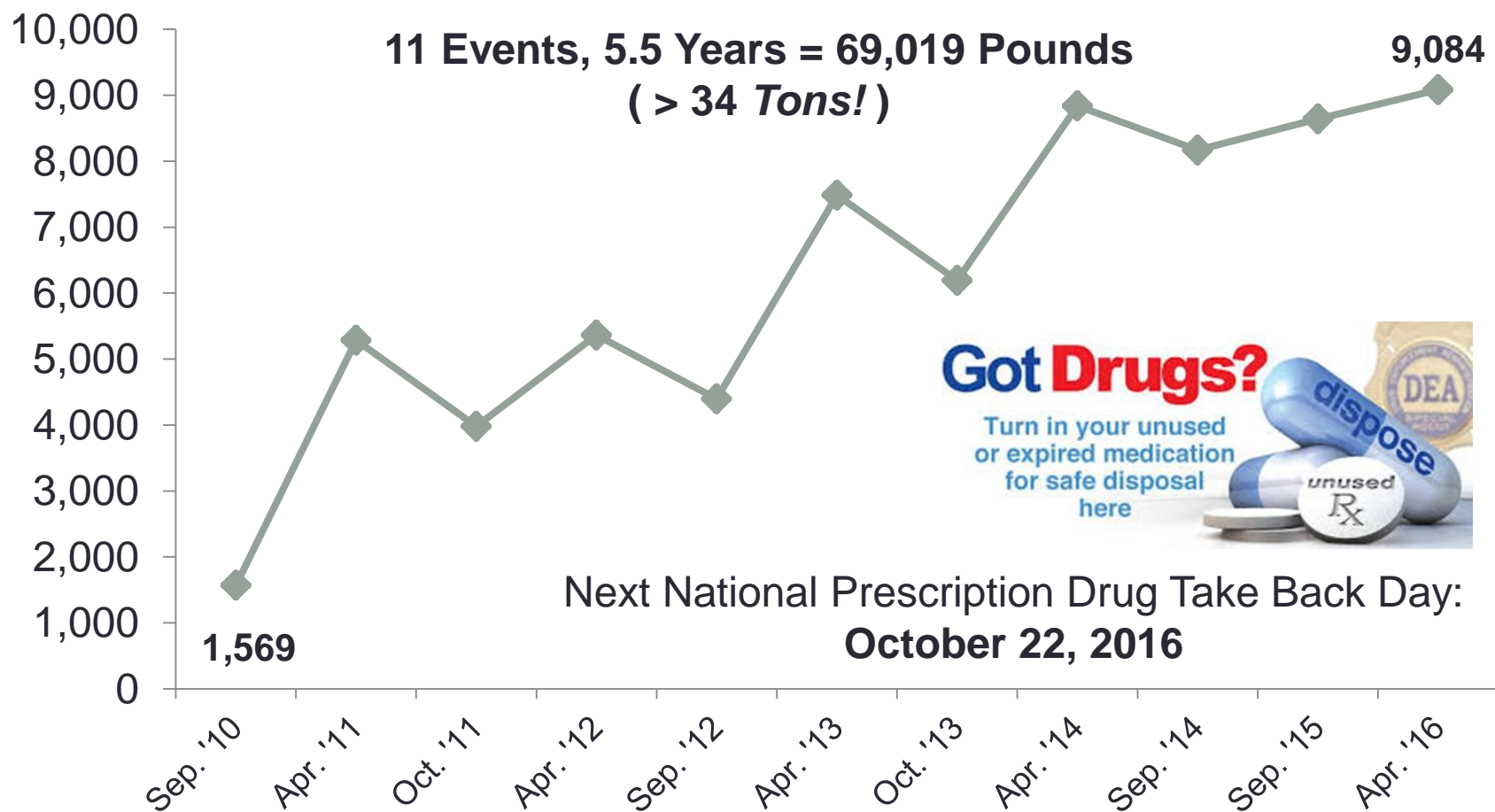
U.S. “Take-Back” Initiative

Amount (in Tons) of Rx Drugs Collected



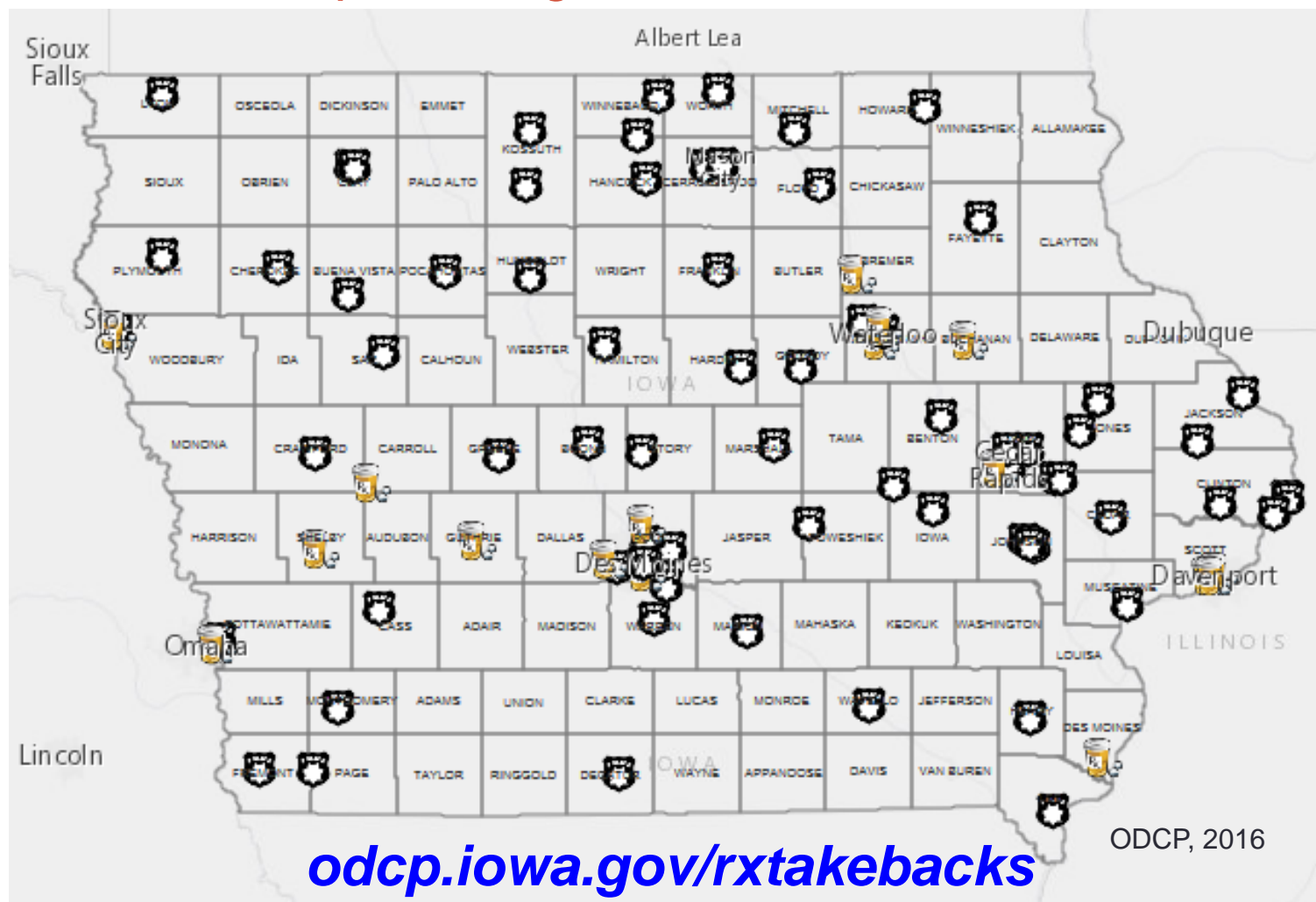
Iowa “Take-Back” Initiative

Amount (in Pounds) of Rx Drugs Collected



Iowa Permanent Rx “Take Back” Sites

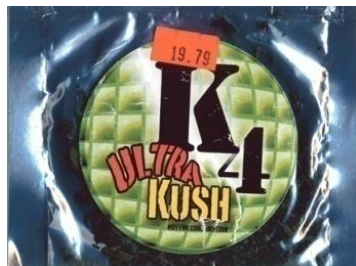
Controlled Prescription Drugs



Sites doubled to 93 vs. year ago & are on pace to double again by January 2017.



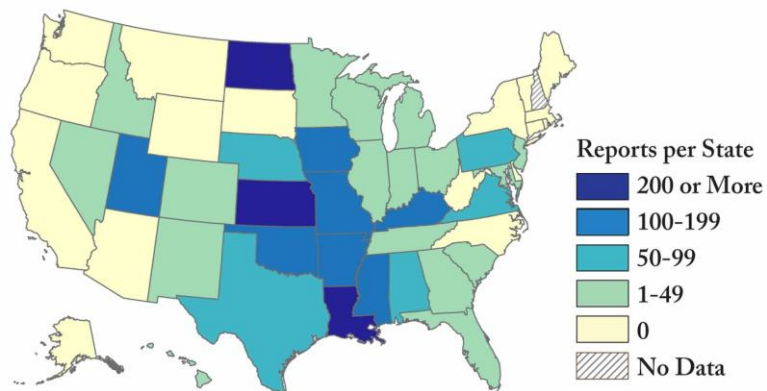
Synthetic Drugs



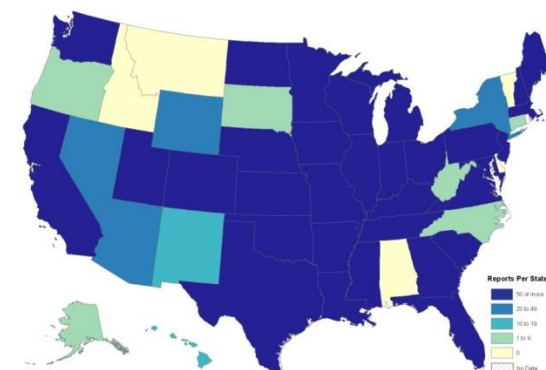
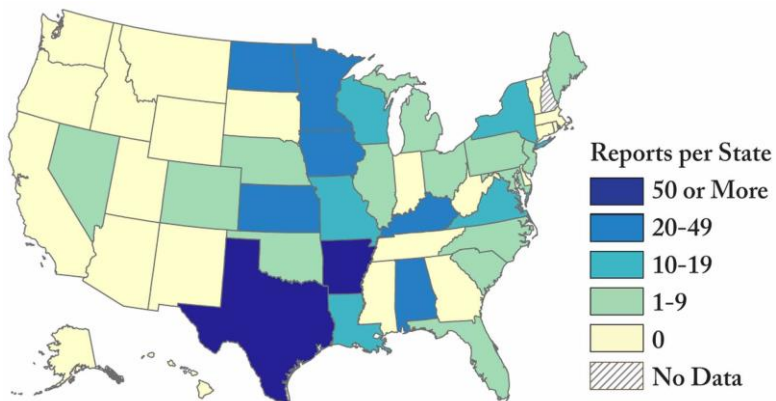
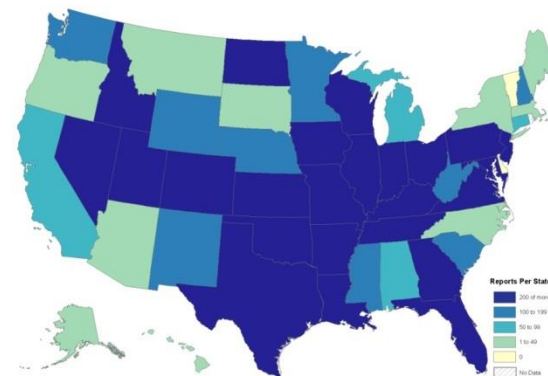
Synthetic Cannabinoids & Cathinones

Hallucinogens & Stimulants by State

2010



2012

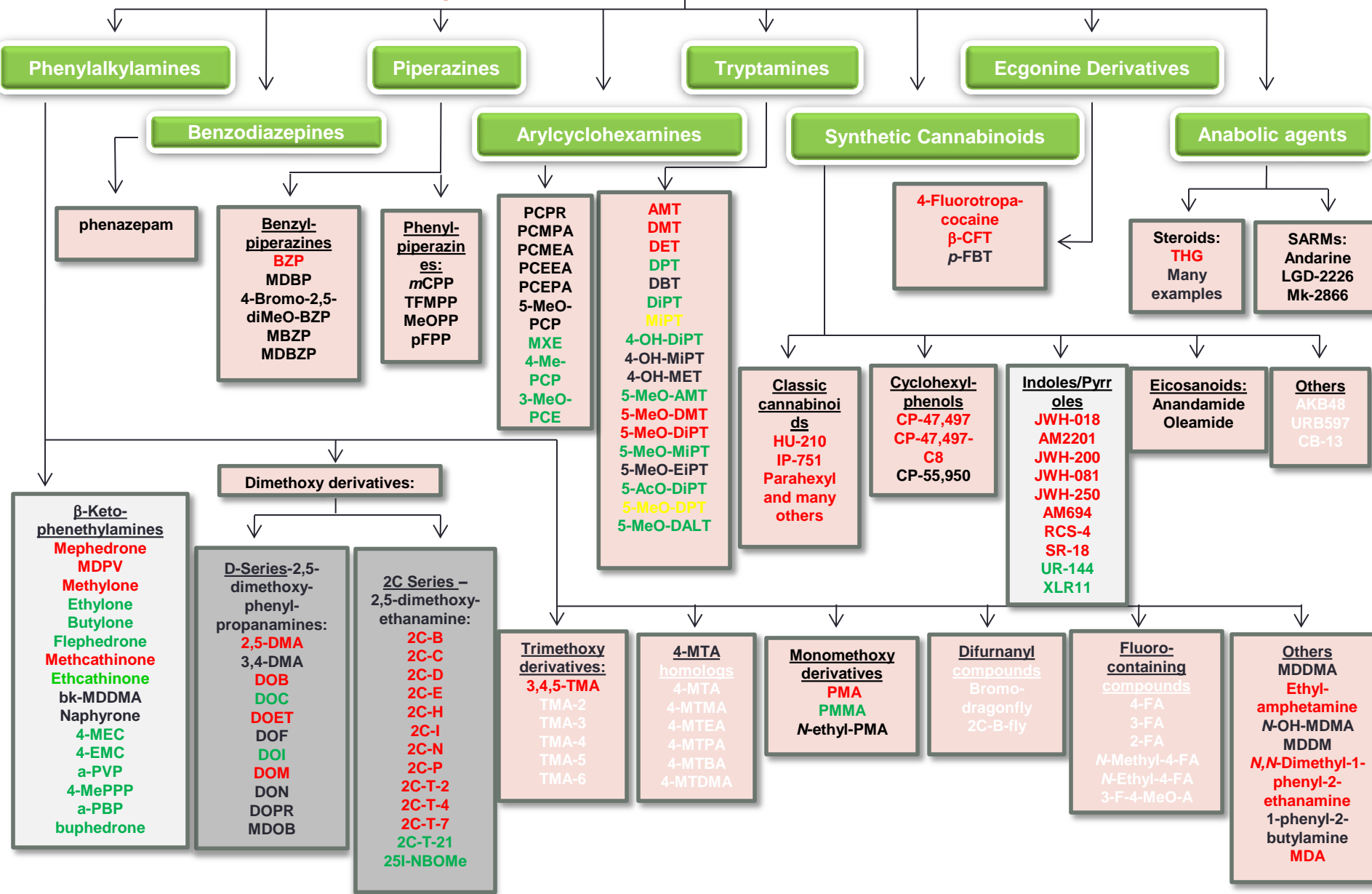


DEA, 2013

The Chemistry

Designer Drugs

69
Red = Controlled substance
Yellow = Positional isomer, controlled by definition
Green = Determined to be controlled substance analogue



Synthetic Opioid Alert



Dangers of Fentanyl & Fentanyl Analogues/Compounds

Fentanyl is commonly laced in heroin, causing significant problems across the country, particularly as heroin abuse has increased.

Drug incidents & overdoses related to fentanyl are occurring at an alarming rate throughout the U.S. & represent a significant threat to public health & safety.

Often laced in heroin, fentanyl & fentanyl analogues produced in illicit clandestine labs are up to 100 times more powerful than morphine & 30-50 times more powerful than heroin.

Drug Trends in Iowa: *Summary*

- Alcohol remains Iowa's most abused addictive substance.
- Iowans' appetite for meth remains strong, fed by cartels.
- Marijuana is Iowa's most used illicit substance, & is morphing into new more potent forms.
- Medicine/Opioid abuse is Iowa's fastest growing form of substance abuse...leading to more heroin use too.
- Synthetic drugs are a fast-changing threat to Iowa youth.
- With exceptions, Iowans generally abuse drugs at rates below many other states...& Iowa youth substance abuse is declining. Challenges remain, now & in the future.

SHARE THE NEWS & STAY SAFE!

Iowa Governor's Office of Drug Control Policy

Visit Our New Website: <https://odcp.iowa.gov>